

ISSUE 130 | APRIL 2022 | DHS15

Mother Baby & Child

RAMADAN
KIDS' ACTIVITY
PAGES

ESTABLISHING
HEALTHY
FAMILY HABITS

TACKLING
PARENTAL
ANGER

RAMADAN
GIFT GUIDE

BEST IFTAR
PICKS

AWARDS
FINALISTS
ANNOUNCED!

**SPECIAL
RAMADAN
ISSUE**



CPI

Publication licensed by
Dubai Production City, DCCA

PAEDIATRICIAN
RECOMMENDED

Bond of love that grows with every touch

A Gentle range
for baby's delicate skin

QV[™]
baby

SOAP, COLOUR,
FRAGRANCE FREE



#SkinToHeart

AVAILABLE IN PHARMACIES &
ONLINE STORES

MADE IN
AUSTRALIA

EDITORIAL

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

DEPUTY EDITOR: Ella Naseeb Ryan

ADVERTISING & SPONSORSHIPS

Mathew Tharakan
mathew.tharakan@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:

Office 1307, DSC Tower,
Dubai Studio City, Dubai, UAE
P.O. Box 13700
Tel: +971 4 568 2993
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!

Ramadan Kareem to you and your families. This month I have included a variety of options for activities you can do as a family, and some for kids only. On page 9, you'll find my recommendation for a wonderful Iftar that takes you and the family on a culinary journey through the Silk Road at the Sheraton, in Mall of the Emirates (and it's so easy to get to by metro!) Elsewhere in the Things to Do section is an art workshop for children this month at the Theatre of Digital Art, where they can recreate a famous masterpiece.

Still on the topic of children's activities, I have included some pages of fun colouring and puzzle activities on page 36 that kids will enjoy after school. Do send in your children's finished colouring masterpieces to our social media, so we can all enjoy them!

Ramadan is a time for reflection and self care, so you'll find plenty of articles that have this thread running through them in this issue. These include an article on page 18 on self-care if you are on your first pregnancy. It is a heady experience, so I hope the tips will help you to stay healthy and happy. In terms of self-reflection, I've carried an article on page 29 with a few tips to handle the situation if you find yourself experiencing anger in a way that worries you. If this applies to you, don't worry, it is common and help is at hand.

On a lighter note, I've included some of my favourite picks for Ramadan gifting this month. This includes fresh flowers (page 45) and room diffuser scents (page 6). The fragrant nature of both of these indulge one of our senses that is often neglected, but has a very powerful effect on calm, serenity and wellbeing - all of which mums welcome!

I'll leave you to discover the issue for yourself but before I go, I just want to announce that the final five in each category of our awards are revealed on page 24! The Mother Baby & Child Awards are your chance to express thanks and appreciation for the brands, schools, health and medical facilities, baby and children's products and services that help support you and your children on your parenting journey. At Eid, we'll be making a very special announcement regarding the awards, so keep an eye on the magazine and website for details!

Ramadan Mubarak and best wishes to you, as always.

Kay

Editor

Mother, Baby & Child Magazine

EDITOR'S —PICK—

RAMADAN ADVENT CALENDAR FROM MAISON TINI (AED 350)

Ramadan is a time to help your little ones understand the costumes, traditions and religion of the region, regardless of what faith you hold. I love this gift idea for little ones from Maison Tini's Ramadan collection, which also stocks some must-haves for your home too!

This colourful Ramadan Advent Calendar helps your child to countdown to Eid, which gives them an understanding of local culture, as well as being beautifully decorative for your home. As such, it's something your guests will really appreciate. In a clever touch, Maison Tini's Ramadan Advent Calendar allows you to get creative and fill your calendar with daily treats and treasures.

Maison Tini is a children's showroom in Al Quoz, who are practicing the very definition of community and supporting and uplifting those around them. With an impressive 45 local brands under their roof, they have truly given a wonderful platform for small businesses to flourish and allow us to support local brands.

For more information on Maison Tini visit their website: www.maisontini.com



C O N T E N T S

Editor's Letter 03

THINGS TO DO 08

Editor's Pick for Best Iftar 09

Things to Do This Ramadan 10

WELLBEING 14

You Are What You Eat! 15

The Family Mealtime Habit 16

First Pregnancy Self Care Tips 18

Looking After Your Child's Dental Health 20

Protecting Your Child from Insect Bites 22

AWARDS 24

Top five finalists in each category announced. Vote now for a chance to win a staycation and other great prizes!

PARENTING 28

Tips to Tackle Parental Anger 29

Establishing Healthy Family Habits 30

Avoiding the 'Mompitition' Trap 32

Caring for Siblings of a Child of Determination 34

Ramadan Kids Activity Pages 36



ZIPPY®

RAMADAN COLLECTION



DUBAI MALL +971 4 325 3913 DUBAI MARINA MALL +971 4 399 7042 CITY CENTRE MIRDIF +971 4 888 0891
IBN BATTUTA MALL +971 4 554 3719 YAS MALL +971 2 565 1856 AL WAHDA MALL +971 2 447 0225
BHS AL AIN STORE +971 3 755 8988

C O N T E N T S

EDUCATION

Re-Thinking the School Lunchbox

40

GOOD LIVING

Ramadan Gift Guide

Spring Summer 2022 Fashion for Mums & Kids

Competitions

44

45

48

50

EDITOR'S PICK

FRAGRANT SOPHISTICATION FROM MAISON BERGER

The French have always had an enviable reputation for style, with Maison Berger playing a sophisticated and fragrant role in homes for the last 120 years. So I'm very happy to see that their signature fragrances are proving to be one of the most popular Ramadan and Eid gifting options this year. Why? I cannot highlight enough the feeling of wellbeing that comes with the fresh aromas of expertly fragranced candles, a scent diffuser in a room - or even in the car!

As the weather warms up, the Maison Berger Car Diffuser scents of Ocean or Citrus Breeze bring a beautiful freshness to the musty car AC problem on your road trips. Similarly, a secret of well-heeled French households is that they have quietly been using the famous Maison Berger Scent Diffusers to neutralise cooking smells during feast occasions, or even when cooking dishes that involve fish, or other strong-smelling ingredients...and that's why French homes always smell fresh and fragrant!

I love that you can prepare Iftar during the fasting period of Ramadan, but also cancel out the cooking smells if you use a quality room diffuser. For this reason, the Maison Berger range of Room Diffusers and Scented Candle sets are proving to be a very thoughtful, as well as beautiful and considerate gift to give to your favourite people this year. And...if you're having guests to your home for an Iftar gathering, treat their senses to a welcoming burst of fragrance when they enter your home. Honestly, the impact on the senses is immediate and they are sure to comment on the beautifully classic and sculptural design of your new Scent Diffuser! Fresh, Spicy, Woody, Sweet, Floral, Aromatic, Citrus - the choice is yours!

Choose from the wide range of Maison Berger's elegant collection at:
www.maison-berger.ae



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.

THINGS • TO DO •



Our picks for the
best family Iftars;
stimulating activities
for kids and also
for adults during
Ramadan.





'FLAVOURS FROM THE SILK ROAD' IFTAR AT BESH TURKISH KITCHEN



Discover a refined take on tradition and embrace the Holy Month of Ramadan with a uniquely themed Iftar buffet at Besh Turkish Kitchen, at the Sheraton in Mall of the Emirates. You, your family and your friends will love the relaxed journey through the ancient flavours of the Silk Road as you discover culinary touches from Turkey, Middle East and Asia together.

Quietly considered by many foodies as one of the best Iftar food experiences in Dubai this month, this very special Iftar experience allows you to indulge in an assortment of hot and cold mezze, salads, filled Turkish pides, beautifully presented grills, and an

assortment of sweet treats, paired with live entertainment. Post Iftar, you can relax with a fragrant Turkish tea, known for its digestive properties; and also partake of a hubbly bubbly on the terrace, with stunning city views, including a magical view of the Burj Al Arab on the vista.

Starting at sunset, the prices are: AED 199 per person; AED 90 for children aged 6 -12 years; and AED 155 for groups of 10 - 40 guests

Early Bird Offer: AED 135 per person

Book until 14th April 2022 to avail this special discount.

POST IFTAR SWEETS CORNER

AED 60 per person from 8.30 pm until 10.30 pm

HUBBLY BUBBLY AT VANTAGE TERRACE

AED 50 per person in addition to the Iftar package, from sunset until 8:30 pm

SUHOOR MENU

The Suhoor à la carte menu is available up to 1.00 am

**To book your family Iftar, call: +971 4 377 2353;
or Email: besh.dubai@sheraton.com**

OUD MUSIC NIGHTS

The oud is one of the oldest stringed instruments, dating back to 2350 BCE. It has become associated with Arab culture and traditions and Middle Eastern culture for many eras, including Ramadan.

The timeless allure of the Oud has seen multiple religions using its music for prayers and healing for hundreds of years. As the Holy Month of Ramadan sets in and families host Iftar and Suhoor to celebrate, experience an event out of soothing and relaxation at Dubai's famed Theatre of Digital Art (ToDA). Known for its ability to calm mind, body and spirit, ToDA brings a relaxing and tranquil Oud Music event. Bring the family to enjoy an evening of traditional music to connect with the region's heritage and fill your heart with peace!

- **Location:** Theatre of Digital Art (ToDA), Souk Madinat Jumeirah
- **Price:** Adult Regular Ticket - AED 150 AED; Balcony Ticket - AED 175; Premium Ticket - AED 200
- **Dates:** 16th April onwards, every Saturday from 9.30pm to 11pm

To book your ticket visit: <https://bit.ly/3j8ya3w> or call +971 4 277 4044



TURKISH IFTAR AT BOSPORUS RESTAURANT



Turkish cuisine is exquisite, so it's great news that one of Dubai's popular Turkish restaurants, Bosphorus, will be serving an authentic iftar buffet this Ramadan. With seven branches spread throughout the UAE, families will be able to enjoy an array of rich Ottoman inspired dishes served hot and fresh!

For Ramadan, the restaurant is offering various dine-in options at different locations so your family can enjoy aromatic Iftar dining in the style that is most comfortable for you. If you prefer to enjoy the classic open buffet, the Bosphorus Downtown Dubai branch and Abu Dhabi Mall

branch will be offering this from 1st of Ramadan. The buffet will include their signature starters, main courses, salads, desserts and special drinks for Iftar. You'll be able to enjoy over 67 dishes, comprising 27 starters, 18 main dishes, including desserts and beverages respectively. Adults can enjoy the open buffet iftar menu at AED 195 and kids aged 5 -12 years dine for AED 95. Children under 5 years of age eat for free!

Yas Mall, The Dubai Mall, City Centre Mirdif, Jumeirah 3

This is for customers who'd like to enjoy the whole buffet with options including the various kinds of starters and main course meals in a seated setting. The Iftar will be served on tables with scrumptious dishes like grills, chicken & beef doner and other main courses. Those fasting will also be able to enjoy thirst quenching drinks like jallab and ayran. The price for adults for this option is AED 175 and AED 85 for kids aged 5 -12 years. The under 5's eat for free.

Bosphorus Restaurant at The Walk JBR will be open full day with normal operations offering a la carte menu. Boasting stunning, outdoor terrace and oriental yet chic indoor seating, this branch is the ideal spot any day of the week, with an impressive selection of food offers.

For reservations: Tel. 04 380 8090 / Abu Dhabi: 02 575 5777

RAMADAN EVENTS AT THE THEATRE OF DIGITAL ART (TODA)

With the start of the Holy Month of Ramadan, when the Muslim world takes time to reflect on themselves and look inwards, ToDA brings the most comforting and soothing events. Some of the greatest ways to relax are listening to calming music, practising yoga and breathing exercises, or indulging in light creative activities. There's something for everyone at ToDA, no matter their age or tastes. The timings are every day, until 30th April 2022

To view the full listing of art, yoga music and meditation activities, or to book tickets, visit: <https://toda.ae/en/> or call +971 4 277 4044

ENJOY
IT'S FROM
EUROPE



متعة الروح الأوروبية!

تذوق عسلًا استثنائيًا مضمونًا وفقًا لمعايير سلامة الأغذية في الاتحاد الأوروبي والجودة العالية. منتجات تربية النحل الطبيعية من بلغاريا واليونان



يتمثل محتوى هذه الحملة الترويجية آراء المؤلف فقط وهي مسؤولة عن أي استخدام للمعلومات التي تحتوي عليها. لا تتحمل المفوضية الأوروبية والوكالة التنفيذية للأبحاث الأوروبية أي مسؤولية عن أي استخدام للمعلومات التي تحتوي عليها.



**EU
BEE
HONEY**

www.eubeehoney.eu



حملة ممولة بمساعدة الاتحاد الأوروبي

THE LITTLE ARTIST WORKSHOP

Art encourages children to embrace their creative side and give them an imaginative outlet can help relieve stress and help them express themselves more. And what better way is there than to let your kids indulge in a fun thematic art masterclass at ToDA. Will your young creative thinker become the next Monet? Or, maybe, the next Chagall? Let your child try it all!

ToDA presents the most engaging art history lessons with 'The Little Artist' educational workshop series that will introduce students to different art movements each week. During the classes, children will learn about the painting techniques and tricks of the trade of the most influential artists of the 20th century to finally create a masterpiece of their own. All art materials will be provided, along with the tactful guidance of our instructor. Upon the completion of 8 masterclasses, all students will receive a certificate.

Location: ToDA, Souk Madinat Jumeirah

Price: AED 200

4 Masterclasses April 16 - May 7 (10%, total for 4 lessons - 720AED)

8 Masterclasses (20%, total for 8 lessons - 1280 AED)

Timing: 2:30pm - 4:00pm

Date & themes:

- April 16th, 2022: Van Gogh
- April 23, 2022: Monet



- April 30, 2022: Kandinsky
- May 7, 2022: Chagall
- May 14, 2022: Miro
- May 21, 2022: Klimt
- May 28, 2022: Picasso
- June 4, 2022: Paul Klee

To book your tickets visit: <https://bit.ly/3r4cc67>

PARAMOUNT HOTEL DUBAI



Iftar at The Stage

Offering a tasty culinary journey, Paramount Hotel Dubai has set The Stage restaurant for families and friends to come together for a delicious Iftar buffet with a plethora of performances. From sunset, enjoy an array of traditional and homemade Middle Eastern dishes along with international specialties and beverages, along with a delicious dessert selection. The Stage restaurant boasts of a true performance with live cooking stations and interactive kitchen concepts where chefs can be seen firing up the grill, baking fresh bread and showcasing their gastronomical skills for everyone to see. The Iftar runs from Sunset onwards and is priced at AED 195 per person, throughout the month of Ramadan.

For those looking to stay and dine during Ramadan, the hotel is offering a special room rate inclusive of Iftar for two people starting from AED 650 per night for Stay in Scene Room and AED 1,000 per night for Stay in the Premier Suite including taxes & fees with 2 adults Iftars at The Stage restaurant.

For reservations: www.paramounthotelsdubai.com or +971 55 180 7559



A FUN, FUN, FUN SPRING BREAK AT MOTIONGATE DUBAI

If you thought theme parks are just for kids, you're wrong! A day out at MOTIONGATE Dubai is just as thrilling and fun-packed for all adults too! MOTIONGATE Dubai, the largest Hollywood-inspired theme park in the Middle East, is offering plenty of fun-filled entertainment to thrill the whole family this spring break. At the Columbia Pictures zone, families can beat the heat with a fun swirling water ride that most people absolutely love - the 'Cloudy with a Chance of Meatballs - River Expedition' ride, where you strap into your little boat and ride the bendy river - it's so much fun! Alternatively, you can take the kids to explore 'Hotel Transylvania's' Gothic mansion, or even escape zombies on the thrilling 'Zombieland Blastoff'.

Fans of the Smurfs can head to the colourful Smurfs Village and enjoy rides such as 'Smurf Village Express' and get on the 'Smurfs Studio Tour'. The adorable Smurfs will also be around to take some memorable selfies with the family. Kids love this!

On your fun day out at the park, you can discover the worlds of popular movie franchises, Madagascar, Shrek, Kung Fu Panda

and 'How to Train Your Dragon' at DreamWorks. The zone is completely indoor, with popular rides including the 'Madagascar Mad Pursuit!' rollercoaster, an action-packed drive through a circus and 'Swamp Celebration,' a chance to celebrate an unusual birthday party with Shrek and Fiona. Children can also meet their beloved characters at the zones and snap away taking plenty of fun pictures - the stuff that family memories are made of!

No family fun day out is complete without dining options to satisfy all taste buds! You'll find plenty of restaurants serving cuisine from around the world, with outlets such as Mr. Ping's Noodle Shop for authentic Chinese cuisine; The Dragon Flame Grill to tuck into hearty meals, and Very Smurfy Café for light bites and refreshing beverages.

MOTIONGATE Dubai is open from 11am to 8pm on weekdays, and from 11am to 9pm on weekends.

For the updated park timings, tickets and annual pass information, visit: motiongatedubai.com or call 800-AMAZING (2629464).

TAKE IN THE ATMOSPHERE OF OLD DUBAI WITH IFTAR BY THE CREEK

Regardless of your background, Iftar is a very special aspect of Ramadan for appreciating friends and family by sharing a delicious and meaningful meal with them. Getting yourselves in touch with old Dubai and having your Iftar by the Creek elevates the experience to even more special heights. So, we're delighted that the Ramadan festivities at Aloft Dubai Creek creates a perfect Iftar experience where history, culture and food and family all come together - in a way that will give you lasting memories against a beautiful backdrop.

Iftar at Aloft Dubai Creek is a stylish and elegant way to embrace the Holy Month with family and friends. It starts at sunset and prices are AED 155, per person including soft beverages; and children aged 6-12 years dine for just AED 75.

For reservations, call +971 4 210 3456



•WELLBEING•



Being a mum means you need to keep your eye on everything! This month, read our tips on kids' dental care, food & nutrition, insect bites; and more!



YOU ARE WHAT YOU EAT!

It really is true! The food you provide for your children has a huge impact on healthy function and even their school performance. Here are five dietary pointers to consider.



WATER

When children drink water throughout the day and during exams they demonstrate their best thinking and creativity. Encourage your child to keep a water bottle on his or her desk because when we see water, we tend to drink more.

Drinking water regularly helps keep students' minds sharp and clear. Conversely, even mild dehydration affects the brain's ability to function properly. If children are dehydrated, thinking becomes sluggish, more difficult and their attention span can suffer. It's important to understand that proper hydration can't be achieved with sodas and other sugary or caffeinated drinks.

BERRIES

Berries are rich in antioxidant vitamins, which can help to protect the brain from neurological damage, as well as improving connections between brain cells. Studies indicate that berries like blueberries, blackberries and strawberries may protect the brain and promote strong cognitive function.

THE MAGIC OF VEGGIES

Aim for your child to eat five to eight servings of vegetables every day. This may sound like a lot, but you can add half of these to a delicious smoothie, with both fruit and veggies mixed. Include two pieces of fruit in your child's lunchbox, a salad and

a vegetable at dinner and just like that, you have a great way to provide your child with essential vitamins and minerals every day.

Vegetables are important because they are packed with vitamins and minerals. Veggies are also high in the antioxidant protective vitamins A, C, beta-carotene and vitamin E which can protect brain cells from damage. Choose plenty of dark, leafy greens like spinach or kale, alongside other greens such as broccoli and courgette. Try to include a selection of different coloured vegetables like carrot, purple cabbage, sweet potato, pepper and aubergine. A mix of veggies is best as they are each important brain food, full of fuel for healthy cognition.

WHOLEGRAINS

Choose breads and cereals that contain whole grains. Brown rice, whole wheat pasta and bread, barley, oats and other whole grains support brain function. They contain vitamins that help increase blood circulation and can aid your child's memory.

Wholegrains also release glucose at a steady rate so that the pancreas doesn't have to work overtime to provide excess insulin. This keeps the brain supplied with a steady flow of fuel in the form of glucose and avoids the highs and crashes of sugar rush caused by refined foods.

NUTS & SEEDS

A variety of nuts and seeds help to enhance brain function. Walnuts, cashews, almonds, pecans, peanuts, pine nuts, pistachio nuts, pumpkin seeds, sunflower seeds and flax seeds all contain essential fatty acids.

Sunflower seeds also contain an important amino acid that helps to keep the brain alert. Nuts and seeds increase clarity and enhance mood, creating an attitude that is ready to learn. Another benefit of consuming nuts and seeds is that they travel well and make a great quick snack between classes. But be careful with this one! Nuts and seeds are not recommended for children under 6 because of the potential for choking.

These foods not only provide your child with the nutrients needed for optimal brain function, they will also help with development and general good health.



THE FAMILY MEALTIME HABIT

With the Holy Month of Ramadan upon us this month, many families will be eating together. But making this an all-year round habit has tremendous advantages.

Ramadan is usually the exception, but with our busy work and school lives, sitting down as a family to eat a meal is not as common as it is in other countries. But did you know that, as well as many other benefits to children, it is one of the best tips for avoiding or overcoming fussy eating in toddlers? If you could make regular mealtimes to sit down and eat together, even at the weekends, it will be of huge benefit to your children's eating habits and social development.

BENEFITS OF EATING TOGETHER

Eating together as a family has a really positive impact for everyone, not only from a nutritional perspective but in many other ways too. Let's take a look at what these are.



Family bonding

By switching off TVs, laptops, tablets or phones and sitting down as a family, it creates the ideal opportunity to interact and bond with each other.

Improve your child's vocabulary

Research tells us that family mealtimes together, without screens or distractions, can boost children's vocabulary even more than reading stories to them.

Create healthier food habits

From a nutritional point of view, studies indicate that children who experience family meal times regularly consume more vegetables and fruits and fewer soft drinks.

Protect against obesity

Studies also point towards the idea that children are less likely to be overweight or obese in their teenage and adult years if

they regularly sit down for family meals as a toddler. Why is this? Because toddlers are great mimics and copy their parents and siblings when it comes to the foods they eat and why they eat them. So by sitting down as a family, eating and chatting intentionally, it will be easier to get your child to eat the foods you want them to and it creates habits that last a lifetime. Remember to lead by example though!

MANAGING FUSSY EATING

Fussy eating can be stressful to manage as the parent but family mealtimes can help change that. Here are some tips and techniques to lessen the fuss.

Make a mess

You may notice that your toddler prefers using their hands to eat instead of using their cutlery. This is completely fine and natural. It will get messy, but this kind of messy is good! Allow your toddler to explore the feel of different foods with their hands. This helps them become familiar with new foods. If your toddler is going through a fussy eating phase it can sometimes help to leave bowls of food in the centre of the table and allow them to choose what they want.

Try to avoid alternatives

It's important that you cook just one meal for the whole family. If there's salt, sugar, stock, gravy, soya sauce or any other sugary or salty condiments in the meal, simply make sure to remove your toddler's portion first before you add these. Try not to offer alternatives to your toddler if they don't eat the meal you've prepared as they will get into a habit of fussy eating and will never eat what you want them to. Even though it can be difficult not to give toddlers an alternative, your persistence will help them in the long term. If you tend to offer something else because you fear they will be hungry, don't worry, they will let you know if they are. Keep offering the food you have prepared.

Create a positive atmosphere

Keep the dinner table a happy, relaxed environment — which can be difficult if your toddler refuses to eat the lovely meal you've just prepared! Try not to make a fuss or a big deal if they don't eat their meal and just quietly take the plate away after about thirty minutes. If your

toddler sees you getting angry and shouting they might associate meal times with a less happy feeling and it may be even more difficult to get them to sit down and eat their meal in the following days.

Some toddlers on the other hand may actually like the attention that they are getting for not eating their meal and they will therefore continue to refuse their meals in the future.

Just remain calm and consistent and always provide a wide variety of foods for them to try. You will get there!

WHICH FOODS TO INCLUDE

Toddlers especially like bright colours and can be more likely to try foods that are visually appealing. So make the most of foods such as:

- Eye-catching green avocado chunks, cut into pieces
- Vibrant sweet potato wedges
- Juicy mango and pineapple slices as a sweet treat!
- Red, yellow & orange capsicum strips
- Thin carrot batons
- Fruits like strawberry halves, tangerine segments and kiwis cut and arranged around a plate, dotted with a few blueberries, to snack on

Making the effort to sit together as much as possible at the dinner table has so many long-term benefits and is also a great way to make memories every day. It takes effort but the positive impact it creates will definitely be worthwhile.





FIRST PREGNANCY SELF CARE TIPS

*Being able to give birth to a healthy baby is one of life's greatest blessings.
This article provides some tips for new mums to maximise their own
health during pregnancy and that of the baby.*



Pregnancy is a unique, strange, exciting, and often wonderful journey in a woman's life. However, like many of life's bigger adventures, this one comes with a certain level of seriousness and responsibility.

This refers not only to nutrients, but also to the attention, patience and tenderness needed from a mum-to-be to support the health of her baby. So with that in mind, here are some helpful tips to keep you at your best throughout your pregnancy!

Exercise and yoga

Pregnancy brings its own specific stresses, along with the physical and mental pressures that can build up over the course of daily life.

Having a regular routine for working out and doing yoga can be excellent for counterbalancing stress. Pick low impact exercise if you need to relax any niggling back pain, boost your blood circulation or just want to move your body to improve your moods. Yoga is another great option for pregnant ladies as it keeps your body supple and flexible as it changes over the 9 months. However, heavy weightlifting and intense cardio exercises are not allowed while pregnant - for more information, consult your doctor.

Sleep is the best medicine!

Proper rest is essential. Pregnancy can be very tiring, particularly in the first and last trimesters. There is a catalogue of hormonal changes that can really have an effect on your physical and mental energy. Be sure to get a full, proper night's sleep every night. Afternoon naps can also be a restorative addition to the day if you feel low on energy. Do not feel guilty for taking extra rest - your body is incredibly busy growing a new life! Sometimes the baby bump gets in the way of comfortable sleep, so consider a pregnancy pillow if you need some extra support.

Keep hydrated

During pregnancy, women are advised to drink plenty of water each day. This is for the duration of the nine months. Proper hydration boosts almost every function in your body, promoting healthy tissues and organ function. It's also plays an important role in relieving swollen joints and helping the body get rid of any toxins it accumulates. Additionally, drinking water helps preserve a normal amount of amniotic fluid and supports fetal kidney function.

Cut the caffeine

Caffeine is bad for a growing baby. It enters their bloodstream through the placenta and causes high heart rate and blood pressure, affecting both the mother and child. It is also linked to complications such as low birth weight. When trying to cut out caffeinated drinks, herbal tea can be a tasty option that keeps the feeling of a nice, comforting, warm drink - but consult the doctor before drinking as certain herbal teas can have an adverse effect.

A balanced diet

A healthy balanced diet contains many vitamins and minerals, enough fibre, protein, carbohydrates and fats. Stick to whole grain foods, legumes and some meat and make fresh fruits and veggies a big focus every day. It's important to eat well while pregnant, primarily so that the baby is healthy and develops properly but also because a good diet strengthens the mum-to-be and helps overcome any weakness or exhaustion in the weeks after birth.



Regular check-ups

It's essential to regularly visit your various doctors while pregnant to have frequent check-ups and tests. This is essentially to monitor the development of the baby and keep an eye on all aspects of pregnancy. It can even show up certain vitamin or mineral deficiencies so that they can be addressed through supplements or other treatments.

Avoid toxins

Alcoholic drinks, cigarettes, tobacco and other drugs should be strictly avoided while pregnant. They can lead to a high chance of miscarriage. Smoking also reduces blood flow to the baby's body which can mean growth and developmental problems. Drinking alcohol is detrimental to a baby's health and if taken in enough quantities, it causes an issue known as foetal alcohol syndrome which gives rise to a range of problems in the baby.

Get prepared!

If you are pregnant for the first time, make sure to go to childbirth classes to demystify delivery! It's also good to read pregnancy books to gather information about birth and how to look after the baby and also talk to trusted friends and family so that you feel as prepared as possible.

For more information, talk to your healthcare provider or doctors, look up online forums or even join a new mum's support group in your local area.



LOOKING AFTER YOUR CHILD'S DENTAL HEALTH

With the increase of sugary foods, tooth decay is on the rise amongst kids in this region. So what can you do to look after your child's dental health?

Although figures are not available for the UAE or Middle East, UK healthcare professionals have reported an “oral health crisis” in children. This crisis has seen over 40,000 children put under general anaesthetic in hospital to have teeth extracted in recent years. According to health experts, the 17% increase in tooth extractions in hospitals is attributable to tooth decay caused by sugar in children's diet.

Tooth decay is the breakdown, or destruction, of tooth enamel. Enamel is the hard, outer surface of a tooth. Tooth decay can lead to cavities (also called caries), which are holes in the teeth that bacteria can penetrate. So what causes tooth decay in a child? Tooth decay is caused by bacteria, amongst other things. It can happen when foods containing sugars, starches and other carbohydrates are left on the teeth.

These foods include:

- ✓ Milk
- ✓ Soda
- ✓ Raisins
- ✓ Sweets
- ✓ Cake
- ✓ Fruit juices
- ✓ Cereals
- ✓ Bread

Bacteria that normally live in the mouth react with these foods, resulting in the production of acids. The combination of bacteria, food, acid and saliva forms a substance called 'plaque' that sticks to the teeth. Over time, the acids made by the bacteria eat away at the tooth enamel, causing cavities.

Children at risk of tooth decay

All children have bacteria in their mouth, so they are all at risk of tooth decay. But the following may increase your child's risk:

- ✓ High levels of the bacteria that cause cavities
- ✓ A diet high in sugars and starches
- ✓ Water supply that has limited or no fluoride in it
- ✓ Poor oral hygiene
- ✓ Less saliva flow than normal

Symptoms of tooth decay

The following is the common way that teeth develop decay and cavities. But decay may be a bit different for each child.

- ✓ White spots begin to form on the teeth in areas affected. These spots mean that the enamel is starting to break down. They may lead to early sensitivity in the teeth
- ✓ An early cavity appears on the tooth. It has a light brown colour
- ✓ The cavity becomes deeper. It turns a darker shade of brown to black

The symptoms of tooth decay and cavities vary from child to child. Cavities don't always cause symptoms. Sometimes children don't know they have one until their dentist finds it. But your child may feel pain in the area around the tooth and sensitivity to certain foods, such as sweets and hot or cold drinks.

Diagnosing tooth decay in children

Your child's dentist can usually diagnose tooth decay based on:

- ✓ A complete history of your child
- ✓ An exam of your child's mouth
- ✓ Dental X-rays

Treatment at the dentist

Treatment will depend on your child's symptoms, age, and general health. It will also depend on how severe the condition is. In most cases, treatment requires removing the decayed part of the tooth and replacing it with a filling. Fillings are materials placed in teeth to repair damage caused by tooth decay. They are also called restorations. There are different types of fillings:

- ✓ Direct restorations: These need a single visit to place a filling directly into a prepared hole. These fillings may be made from silver, fine glass powders, acrylic acids, or resin. They are often tooth-coloured
- ✓ Indirect restorations: These require two or more visits and are constructed with gold, base metal alloys, ceramics, or composites. Many of these materials can look like natural tooth enamel

Prevention of tooth decay in your child

You can help prevent tooth decay in your child with these simple steps:

- ✓ Start brushing your child's teeth as soon as the first tooth appears in your baby's mouth. Brush the teeth, tongue and gums twice a day with a fluoride toothpaste
- ✓ Floss your child's teeth daily after age two

- ✓ For children younger than three years old, use only a small amount of toothpaste, about the size of a cooked grain of rice
- ✓ Starting at age three, your child can use a pea-sized amount of toothpaste
- ✓ Supervise as your child brushes his or her teeth when they are a little older
- ✓ Prevent the transfer of bacteria from your mouth to your child's by not sharing eating utensils. Don't clean your infant's pacifier with your saliva
- ✓ Make sure your child eats a well-balanced diet
- ✓ Limit snacks that are sticky and high in sugars, such as chips, sweets, biscuits and cake
- ✓ If your child uses a bottle at bedtime, only put water in it. Juice or formula contain sugars that can lead to tooth decay
- ✓ Schedule routine dental cleaning and exams for your child every six months
- ✓ Talk with your local health clinic or dentist about using a fluoride supplement if you live in an area without fluoridated water. Also ask about dental sealants and fluoride varnish. Both are applied directly to the teeth at the dentist

There are a number of factors that mean that your children will enjoy a bright healthy smile all their lives! Advances in dentistry combined with diligent care and attention to schedule regular a dental check-up routine will help to spot problems early - and in many cases, treat them painlessly!



A close-up photograph of a person's hands holding a small blue spray bottle, dispensing a fine mist of insect repellent onto the arm of a child. The child's arm is extended from the right side of the frame. The background is a soft-focus outdoor setting with green trees and grass, suggesting a park or garden. The lighting is bright and natural, creating a warm and protective atmosphere.

PROTECTING YOUR CHILD FROM INSECT BITES

Insect bites can be sore, itchy and uncomfortable for kids. How can you protect your little ones from getting bitten?

Spending time outdoors is good for children. It's healthy for kids to get out into the fresh air, rather than being cooped up in air-conditioned environments all the time. The early evening is a pleasant, cool temperature and so this is a great time to enjoy a stroll together as a family. It helps tire your kids out before bedtime and gives you a chance to chat about the day and let them know what's happening tomorrow.

April is the last month before the temperature gets too hot to be comfortable, so encourage your children to make the most of it by getting outside. The only thing is, while kids are out enjoying themselves, so are some biting insects that can cause painful bites! What can you do to protect your child against these?

LAST YEAR'S BUGS

Last year, dry spring days with almost no rainfall coincided with the arrival of mosquitoes, flies and bugs in parts of Dubai and Abu Dhabi. Residents told of swarms gathering on balconies and in gardens as temperatures rose to the mid-30°Cs last April.

People living in built-up districts, particularly areas with vast green landscapes and water bodies, such as canals and lakes, reported that the insects became a nuisance. Pest control experts say that mosquitoes and midges tend to gather in large pools of standing water and breed at a rapid pace.

Mosquitoes generally breed wherever a suitable water source is present. The water source can be as large as a lake close to your residence, or as small as a tray of water under your plants on the balcony.

Midges, which look very like mosquitoes but without biting apparatus in their mouths, breed in water and emerge in millions. Their life span is very short and after emerging, they swarm and are attracted to light sources. For this reason, they love to hang around on balconies and rest on the wall surfaces around the balcony light, or the light coming from your home.



TIPS TO PROTECT YOUR CHILD

It's important to take some sensible steps to try and minimise your child's chance of getting bitten. Here are some handy tips on how to do this.

- ✓ Put a mosquito net over your child's stroller if applicable
- ✓ Choose lightweight clothing for them made of a closely knit fabric
- ✓ Make sure clothes are closed at the neck, wrists, ankles and waist
- ✓ Put a hat or cap on their head and cover the back of their neck if necessary
- ✓ Keep your child indoors when mosquitoes are most active - these times are sunrise and sunset

USING REPELLENT

Insect repellent should be used cautiously and mainly when there is a significant risk of insect bite complications. You might decide to use some if your child is allergic to bites, experiences unusual swelling from bites or there is a chance of contracting a mosquito-borne disease while travelling abroad.

Newborn to 6 months

If your baby is under six months, do not use any insect repellent at all as it is unsuitable for their skin.

6 Months to 2 years

If your child is between six months and two years, be sure not to use repellent

containing more than 20% Icaridin, 10% DEET or 2% soybean oil. These chemicals protect us against mosquito bites and products with 20% Icaridin also protect against tick bites, but any dose bigger than this can be harmful to a young child.

How to apply repellent

Apply a small amount one time each day to the skin exposed to air but do not apply these creams or sprays to the face and hands. The product may be applied to your child's hat or cap, depending on the fabric.

When you no longer need protection against insect bites, wash all skin that was in contact with repellent with soap and warm water.

How long does it last?

The length of time the active chemicals are effective at warding off insects is between 90 minutes and 10 hours. This varies depending on which product you use, what the main ingredient is and what concentration it has. Be sure to ask your pharmacist for further advice.

Avoid combination repellent

Avoid combination insect repellent and sunscreen products because sunscreen should be applied more generously and more often than insect repellent.

Begin with sunscreen, wait half an hour to let it absorb and then apply the insect repellent. This limits its absorption into your skin.

Alternative repellent and children

Repellents based on citronella and lavender oil as well as citronella-scented eucalyptus products are not recommended for children under 2 because they are not effective for very long.

Armed with these tips and guidelines, you will be able to prepare for this year's swarms of midges, mosquitoes and flies and give your child the best chance of staying bite-free!



ANNOUNCEMENT

FINAL 5 IN EACH CATEGORY REVEALED!

Vote for a chance to win a fabulous prize!

As the old saying goes: 'it takes a village to raise a child' - and it's true! We rely on nappy brands, deliveries, retailers, health services, family leisure & entertainment services, teachers, schools, and so many businesses and products to help support you as a parent, your children and family.

The final five in each category have been revealed - so voting in the awards is a chance to let the brands you loved last year know that you appreciate them. It's all about being part of the community! The Mother Baby & Child Awards 2021 winners will be announced in July - and we'll also be announcing the winners of 5 prizes drawn from those of you who vote for your favourite brands!

BABY & CHILD CARE CATEGORY

Baby & Child Clothing Retailer of the Year

- Babyshop
- Monsoon Kids
- Okaidi Obaibi
- Petit Bateau
- Zippy

Baby & Child Footwear Retailer of the Year

- Clarks
- Crocs
- Shoemart
- Sketchers
- Sun & Sand Sports

Baby Food Range of the Year

- Heinz Baby
- Hero Baby
- Hipp Organic
- Kabrita
- Nestle Cerelac

Growing Up Milk Brand of the Year

- Aptamil
- Nestle Nan
- Bebelac
- Nestle Nido
- Illuma

Nappy Brand of the Year

- Fine Baby
- Huggies
- Pampers
- Sanita Bambi
- Snugberi

Baby Wipe Brand of the Year

- Fine Baby



- Boots Baby
- Pampers Aqua Wipe
- WaterWipes
- Snugberi

Baby & Child Skincare Brand of the Year

- Cetaphil
- Child's Farm
- JOHNSON'S Baby
- Palmers
- QV Baby

FAMILY EXPERIENCES CATEGORY

Family Deals Provider of the Year

- Cobone
- Groupon
- Kidzapp
- Qidz
- The Entertainer

Family Staycation Experience of the Year

- Bab Al Shams
- JA Hatta Fort Hotel
- Lapita, Dubai Parks and Resorts
- Saadiyat Rotana Resort & Villas Abu Dhabi
- Zabeel House MINI Al Seef by Jumeirah

Family-Friendly Restaurant of the Year

- Bakers Kitchen
- Lime Tree Cafe
- Maison Mathis
- PizzaExpress
- Reform Social & Grill

EDUCATION CATEGORY

Outstanding School of the Year - UAE

- Arcadia School
- Duncrest American School
- Reach British School Abu Dhabi
- Regent International School
- Sunmarke School

Nursery of the Year - Abu Dhabi

- British Orchard Nursery
- Chubby Cheeks Nursery Abu Dhabi
- Hummingbird Early Learning Centre
- Odyssey Nursery
- Redwood Montessori Nursery

Nursery of the Year - Dubai

- Blossom by Babilou Education
- Hummingbird Early Learning Center
- Jumeirah International Nurseries
- Raffles Nursery Arabian Ranches
- Toddler Town British Nursery

A W A R D S

Primary School of the Year - UAE

- Arcadia School
- Dubai British School Jumeirah Park
- Dubai International Academy
- Regent International School
- Sunmarke School

Secondary School of the Year - UAE

- GEMS American Academy - Abu Dhabi
- Nord Anglia School Dubai
- Regent International School
- Sunmarke School
- The British International School Abu Dhabi

CHILDREN AT PLAY CATEGORY

Theme Park of the Year

- Ferrari World Abu Dhabi
- Global Village
- LEGOLAND Dubai
- Motiongate Dubai
- Warner Bros. World Abu Dhabi

Toy Retailer of the Year

- Early Learning Centre (ELC)
- Hamleys
- Toy Box
- Toys for Less
- Toys R Us

Water Park of the Year

- Aquaventure Waterpark
- Laguna Waterpark
- Splash 'n' Party
- Wild Wadi Waterpark
- Yas Waterworld

Soft Play Venue of the Year

- Extreme Fun
- Kids HQ
- Kidz Palooza

- Stay & Play
- We Rock The Spectrum

Kids' Educational Activity Centre of the Year

- Children's City
- Fun Robotics
- OliOli
- STEM for Kids
- The Green Planet

Kids' Entertainment Centre of the Year

- Air Maniax
- BOUNCE
- Dubai Bowling Centre
- Sky Zone
- VR Park

Best Party Venue of the Year

- BOUNCE
- Mattel Play! Town
- OliOli
- Splash 'n' Party
- The Green Planet

PARENTING SUPPORT CATEGORY

Parenting App of the Year

- Cloudhoods
- Kidzapp

- Play:Date
- Qidz
- Philips

Maternity Skincare Brand of the Year

- Bio Oil
- Bioderma
- Mustela
- Nivea
- Palmer's

Parenting & Lifestyle Influencer of the Year

- Jessica Cairney
- Karen McLean
- Rhian Adams
- Sophie Hollingdale
- Khalid Al Meri

One-Stop Parenting Shop of the Year

- Babys R Us
- Babyshop
- Elli Junior
- Mamas and Papas
- Nest for Kids

Childcare Provider of the Year

- Emirates Home Nursing
- Happy Maids





- Malaak Baby Care
- Nightingale Health Services
- Star Home Nursing

HEALTH & MEDICAL CATEGORY

Hospital of the Year

- Al Jalila Children's Specialty Hospital
- Dr. Suliman Al Habib Hospital
- Medcare Hospital, Al Safa
- Mediclinic Parkview Hospital
- Mediclinic City Hospital

Paediatrics Clinic of the Year

- Dubai London Clinic Al Thanya
- GMC Clinics
- HealthPlus Children's Specialty Center, Abu Dhabi
- Zia Medical Center

Dental Care Provider of the Year

- Dr Michael's Dental Clinic
- Dr. Nicolas & Asp Dental
- Dubai London Clinic, Dental Clinic
- HealthBay Dental Care
- Sterling Dental Clinic

Women's Health Clinic of the Year

- Aster IVF and Women Clinic
- GMC Clinics
- Koster Clinic Obstetrics & Gynecology
- Medcare Fertility Centre
- Mediclinic Middle East

Maternity Department of the Year

- American Hospital Dubai
- Burjeel Hospital Abu Dhabi
- Emirates Specialty Hospital
- Mediclinic City Hospital
- Mediclinic Parkview Hospital

Mental Health Services Provider of the Year

- Vivamus
- Priory Aspris Wellbeing Centres
- The Lighthouse Arabia
- Safe Space

Medical Clinic of the Year

- Aster Clinics - UAE
- GMC Clinic Jumeirah
- Health Bay Jumeirah

- Medicentres, Motor City
- MediClinic Dubai Mall

RETAILERS CATEGORY

Maternity Retailer of the Year

- Babyshop
- Marks and Spencer
- Mummyista
- Mums & Bumps
- Seraphine Maternity

Supermarket of the Year

- Carrefour
- Lulu Hypermarket
- Marks & Spencer
- Spinneys
- Waitrose

Homestore of the Year

- Danube
- Home Centre
- Marina Home Interiors
- Pottery Barn
- The Home

Grocery Delivery Service of the Year

- Barakat Fresh
- Carrefour Now
- Choithrams
- Instashop
- Kibsons

INSPIRATIONAL PEOPLE CATEGORY

Entrepreneur of the Year

- Halima Jumani, Kibsons
- Lily Kandalaft, Malaak
- Suzanne Browne and Martina Craine, Founders, Clevamama
- Mona Ataya, Mumzworld.com
- Edward McCloskey, Founder, WaterWipes

•PARENTING•



How to avoid
comparing yourself
to other mums;
creating healthy
family habits; a
kids' activity page
this month; and lots
more!



TIPS TO TACKLE PARENTAL ANGER

*It's normal to become annoyed at your child's
behaviour sometimes. But when does that
become a problem?*



Do talk to family, friends or a counsellor - there is nothing to be ashamed of and it is a brilliantly insightful thing to look at your behaviour and want to make changes.

HOW TO SOOTHE YOURSELF IN UNDER 60 SECONDS

1. Tense all your muscles as tightly as you can for 10 seconds, then slowly relax them for a count of 10 seconds. Repeat three times.
2. Play your favourite song - pick the one that is loaded with great memories!
3. Make a phone call - talk to your partner, a friend or colleague who will listen to you get it off your chest.

If you have caught yourself getting angry at your child and feel bad about this, do remember that children are not adults, and they therefore do not think with the same maturity and decision-making capability as adults. Children are at a stage of learning, and are likely to copy any behaviours you model to them. Try to lead by example, keep calm and make sure you explain 'why' you need your child to do something, in order to help them learn.

If you are worried about your anger levels, then this is likely making you unhappy. Do speak to your doctor about getting help with the anger, as stress and pressure are often behind this and help is at hand.

If you have noticed that you are quick to reach boiling point and you react in an excessive way when your children misbehave, and have even been told that you're overreacting, this can be a strong sign that you need to consider making some changes. Here are some tips to see if you overreact, and suggestions as to what you can do about it.

BEING SELF-AWARE

How does your body feel? Tense? Hot? Are you sweating? Is your heart racing? This means you are probably reacting too strongly to the situation. If so, go to the next point and 'take a moment.'

Take a moment

Make sure your kids are in a safe situation and remove yourself from the situation for a few moments. Take a few minutes and focus on your breathing. If you need to walk away for a moment, do so and tell yourself: "I need to handle this better and more calmly, to get a better result for all of us."

Re-balance yourself

Allow yourself a few moments to let your emotions calm and re-balance. Remember how unfair and destructive it is to have an angry outburst at your children if the real problem is coming from you.





ESTABLISHING HEALTHY FAMILY HABITS

You do not need to be a textbook 'perfect parent' (there's no such thing!), but adopting certain habits for your child to follow will help to set them up in life.



A major part of setting up healthy habits for your family includes being a good role model. If your children are being raised in an environment where they are exposed to healthy food choices and regular physical activities, these crucial factors will become a normal part of their lives. Here are our tips to encourage a healthy home life:

Showing appreciation

Children take great encouragement from being reminded of what they do well and being told 'thank-you' for their efforts. Never miss an opportunity to say 'please' and 'thank-you' as it will also encourage them to do the same.

Create fun and positivity

Celebrate school achievements to encourage your children to develop a positive self-image. Schedule regular times for the family to get moving together in enjoyable ways, such as establishing a daily habit of taking a walk after family dinner (instead of flopping in front of the TV.) Take bikes to the park, go swimming, book a weekend session at the trampoline park, or even just play hide-and-seek outside. Everyone will benefit from the exercise and the time together.

Start small and build from there

It is important to start a routine of physical activity at a very early age and continue to build up from there. When my nephew was a baby and just able to walk, his mother got him into the habit of holding hands with his sisters and taking a small stroll a few metres up the street, pointing out the cars, colours, insects and trees on the way.

Not only did he thoroughly enjoy his mini voyages of discovery, he was nicely tired and ready for bed upon his return. As he got bigger, a few more metres were added to the walk, as well as fun with a football in the park at the weekends. When it came to arranging swimming classes at age five, he enthusiastically associated the activity with fun and achievement. Setting realistic goals and limits are key to adopting any new behaviour. Small steps and gradual changes can make a big difference in your health over time, so start small and build up.

Limit TV & other screen devices

Time sitting around playing with all these devices means your child is sitting still, hunched over a device for hours - the very opposite of what a child should be doing. These habits lead to a sedentary lifestyle and are usually accompanied by excessive snacking. Combining these two habits together in childhood is a sure way to build increased risks for obesity and cardiovascular disease. Two hours a day, several hours before bed time is more than enough.

Get kids involved in meal prep

Little kids love being asked to help in the kitchen. Try asking your child to choose three things for the salad, or even toss the salad to mix the ingredients, or the salad dressing together.

Praise them for making the salad and let them know how delicious it is! Anything that can be mixed together by hand in a big bowl is perfect for your child to get involved.

Sit and eat together as a family as much as possible and talk to your children about their day. This encourages a relaxed and enjoyable experience around food for them.



AVOIDING THE 'MOMPETITION' TRAP

New mothers are often put under unnecessary pressure by comparing themselves to other mums, who seem to be sailing through motherhood. Don't fall into the trap of believing this!

There is a cultural trend amongst mothers all over the world, which is about comparing themselves to other mums in terms of mothering competence and comparing each other's kids. It's become known as 'mompitition' and can cause women to feel anything from uncertain to insecure in their parenting abilities. Needless to say, this is an awful thing for a mum to put herself through!

So where does this tendency to compare come from? Some psychologists believe it happens when a new mother feels vulnerable and inadequate (and sometimes even shame) all at once. The huge life transition into motherhood can trigger these feelings, because women need time to adjust to a new role and identity that is a world away from their pre-baby lives and selves.

Mums who sometimes wish for more time to themselves or who don't enjoy every single second of motherhood can struggle with guilt. This is actually a really common experience among women! The tricky part is that when this 'mum guilt' appears, it often feels like evidence of doing a bad job as a mother. It can seem like you're falling short, while everyone around you is succeeding.

Ashamed, mums stay quiet about struggling with aspects of motherhood. Instead of sharing these experiences, it can be easier to fall into the trap of comparing yourself to others, searching for proof that you're not alone in being 'flawed' as a mother.

The sad truth is, comparing yourself to other mothers is a constant competition where everyone loses. It heaps unnecessary pressure on women and it wears away intimacy, instead of nurturing closeness. In fact studies indicate that when mums are critical of themselves, it can lead them to feel distant from their children, impacting the strength of the mother/baby bond.

But don't worry! There are a number of simple practices you can do to support you in breaking out of the negative cycle of 'mompitition'.

Value your own experience

The need for validation is what comparison is rooted in. The next time you come across a tough situation as a parent that leaves you feeling stressed or uncertain, remember that. Acknowledge your own experience!

How should you go about this? Put a pause on making comparisons between yourself and other mums. In place of that, take a quiet few seconds to name what you feel.

Maybe your little one had a major tantrum that really tested you and made you feel

frustrated or out of control. Allow yourself to validate your own experience and realise that most parents are challenged by difficult moments like this. Once you have named how the experience makes you feel, reach out to a friend you trust for support.

Reflection

We're conditioned to tackle motherhood related overwhelm by getting straight into action. A great example is the 'to do' list. Because free time is often limited, mothers feel guilty for not completing jobs from their daily lists, leading us to feel less competent than other mums.

It's at these times it can help to reflect on how we'd speak to a friend if they were in the situation. Almost always, we wouldn't be so harsh on her for not being a supermum. Not only would we not judge her but we'd listen to her struggles and give any support she needs.

As mums, we can be our own worst critic, crucifying ourselves over the smallest mistakes. Stopping for a moment and speaking kindly to ourselves can turn this self-critical talk around and put an end to our mum guilt.

Find connection and support

Connecting with supportive friends can help us manage our motherhood challenges. Find a safe space to honestly discuss motherhood. This could be a local parenting group, your circle of friends, a private Facebook forum or even a 'mum group' led by a qualified psychotherapist. This last option provides extra care for mums struggling with postpartum mental issues like depression or anxiety.

Find a group that offers support, instead of

providing advice. This is key as instead of making comparisons, mums have the chance to share their experiences and parenting stories. Through this process, feelings are validated, which provides the most meaningful support of all.

Avoid social media

Being a mum in the social media age has its advantages and its challenges. There are a choice of apps to track your baby's sleep and progress. But social media, like Instagram and Facebook can badly affect our confidence as mothers. When we scroll, we see lots of glamorous influencers, beautifully kept homes, fitness fanatics and perfectly staged photos of family moments. It can be hard to remember that none of it is as real as it appears.

In the first months of motherhood, mums are sleepless, vulnerable and everything is new. It's an impossible juggle, keeping on top of mothering and managing personal needs like showering, sleeping, eating well. Looking through an endless reel of the perfect images we see on social media warps our expectations of ourselves and our norms. This can cause insecurity to build. The solution - take a break from social media. Instead of clicking into the app, do something that makes you feel nourished. Perhaps call a friend, brew a hot cup of tea or unwind with a new show on Netflix.

Comparisons and competition among mothers doesn't make anyone feel good. The healthiest thing to do is to acknowledge your own experience, honour yourself as a mum and put these tips into action, focusing on grounding and nurturing yourself so you can break away from the 'mompitition' trap.





CARING FOR SIBLINGS OF A CHILD OF DETERMINATION

When you have a child of determination, you can feel pulled in many directions, trying to parent all of your children equally - so how can you help rebalance this?

When one of your children has particular special needs, it can be tough to give their siblings what they need. You may worry that your other children feel left out, because at times it can seem like there's not enough of your attention to cover everybody.

TALK ABOUT IT

It can be useful to keep in mind how your child or teenager might be feeling as the brother or sister of a special needs child. You can do a lot to avoid worries and



confusion and even find ways for them to help, if you encourage open channels of communication between them and you. Speaking honestly with them (at the level of their age group) and addressing any questions they have will go a long way in keeping everyone balanced and happy. The situation can be challenging but once children feel seen, known, loved and secure about their place in the family, they will be able to flourish.

Things to be aware of at various ages and stages:

YOUNG CHILDREN

One-on-one time

Make time for just you and them. Kids this young are not able to think outside of themselves and their own wishes. It's difficult for them to grasp why their sibling may have more time with you. It can be really positive to set some 'mum time' aside for the two of you. It need not be long - a few moments 'helping' mum do tasks or playing a game together can give your other kid the parental time they crave.

Don't hide the truth

Explain honestly and simply. When your child asks about their brother or sister's

abilities, be upfront about their condition in easy to understand language, but do use real terms like 'Down Syndrome' rather than anything else. This way, your child is clear on what those words mean and won't start worrying about everyday cuts and falls. Say something like, "Your brother has trouble talking because he has down syndrome." If your child asks, "What is down syndrome?" explain in basic terms that it's a condition that makes it harder to do some of the same things as other kids.

Be reassuring

Kids this young have vivid imagination - so, the poison apple really did put the princess to sleep and monsters in the wardrobe are very real to them! When kids have a sibling with special care needs, their imagination can mean that they stress about it being like an illness, like a sore throat. Reassure your child that they won't develop the same condition as their sibling, and that nothing either child did caused it - in child terms, it's nobody's fault.

SCHOOL AGE CHILDREN

Intentionally create memories

It's likely that brothers and sisters have concerns or sadness about their sibling's health. Spending quality time together can ease this. Suggest that they read stories together, play with Lego, have fun with arts and crafts or any activity that allows them to connect.

Practice scenarios

Kids start having to explain their sibling's condition to other children, so practice doing so. Friends may ask rude questions or even make fun, which may make your child feel embarrassed, angry, or guilty. Brainstorm things to say in these situations. It's important to make sure to teach your child that anger is never the answer, even if someone says something mean about the sibling with a disability. Practice explaining the situation with sentences like "It's more difficult for my sister to learn new things than it is for us, but it's not okay to say mean things about her."

Handle sibling rivalry

Sibling rivalry is natural at this stage, so look out for a little jealousy towards their brother or sister. They watch their sibling receive particular attention or not help out with

chores. Clearly remind your child that this is the way it needs to be and that they have other advantages their sibling does not. Emphasise that fair doesn't always mean equal.

TEENAGERS

Don't ask for perfect

Siblings of children with a disability can feel extra pressure to be perfect so that their parents don't have to worry about them. Be mindful of this when talking about your expectations for school, grades or serious hobbies.

Encourage safe exploration

All teens struggle with their independence from parents. A teen who has a sibling with a disability may also struggle with the concept of life apart from that sibling. Make it clear that wanting more independence and experiencing more of the world is normal, healthy, and encouraged, within safe limits.

Discuss the future

As children mature towards adulthood, the future may cross their mind, specifically who will care for their sibling once they've moved out, or if something happens to you. This delicate issue needs lots of reassurance that whatever the future holds, you will find a plan that works for everyone.

COPING WITH INTENSE FEELINGS

Some kids get on with everything, not letting much bother them, while others are more sensitive and take lots to heart. These kids need healthy ways to manage their feelings. Some good suggestions to try include: journalling, sports or any physical activity and lastly, creative expression through music, dance or art.

If you observe a shift in your child in terms of sleeping habits, food and eating, mood or behaviour, it could signal an issue with their mental well-being. In this case, seek help from a mental health provider and keep communicating.

At the end of the day, every family has their own way of handling things, but always remember that help and support is always available - talk to your family doctor with any concerns as a first step, and the chances are you will be referred for specialist help with your needs.

RAMADAN KIDS

ACTIVITY PAGES

In this month of Ramadan, we've included some print out children's activity pages to help keep them stimulated, busy and happy on the shorter school days during the Holy Month. Simply print out the pages and let your child loose on the colouring, drawing and puzzle activities!

Do send your child's finished colouring masterpieces to our Facebook, so we can all enjoy them!

Help the monkey find the pineapple, pear and banana



DISCOVER

THE FUTURE OF EARLY LEARNING EDUCATION

with



Redwood

CENTER OF EXCELLENCE



**NOW
OPEN!**
Let's Connect



A hub of innovation as the first of its kind in the region!

Fostering a forward thinking approach to childhood development that is ready to unleash each child's full potential. A powerful Emergent & EYFS inquiry based curriculum for growing curious minds & transforming futures.



Redefining early years' education and care amidst bespoke learning spaces for a **future-ready** child.

Become a Pioneer Parent!

Get your Child future-ready & experience our Center today.

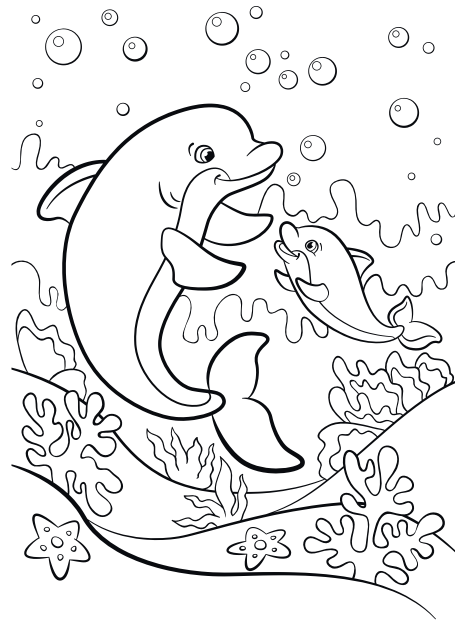
 **800CHILD** | info@redwoodcoe.com

Corner Road 43 & 36B Street, Al Barsha 2, Dubai | **NOW OPEN!**

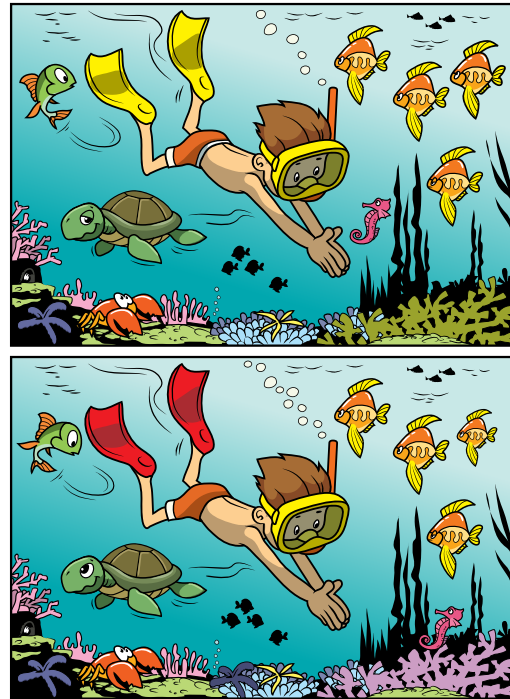
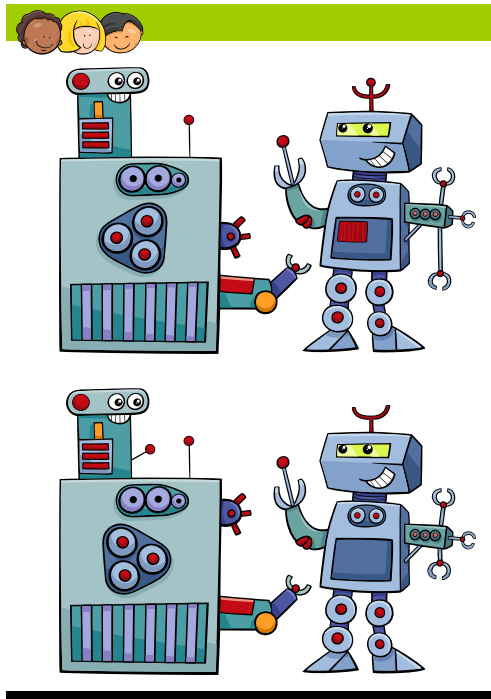


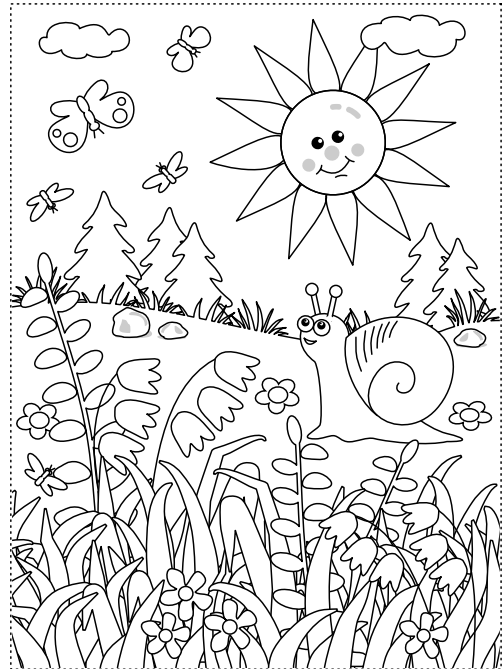
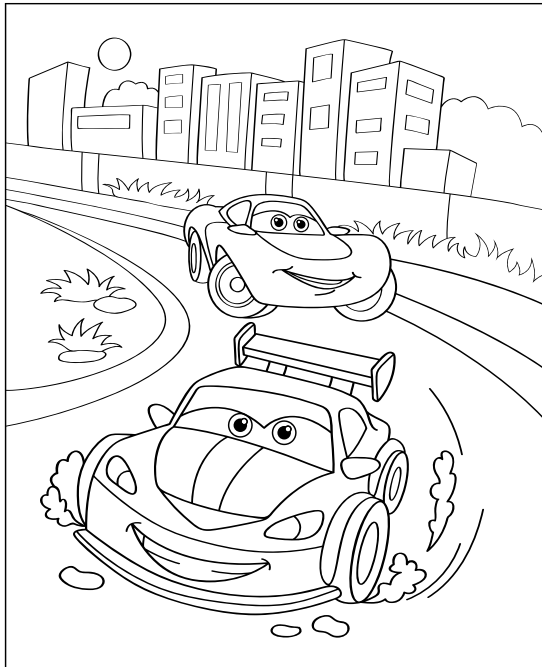
redwoodcoe.com

Let's get creative and do some colouring!

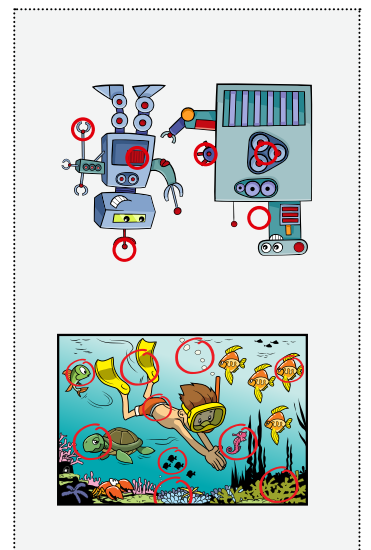
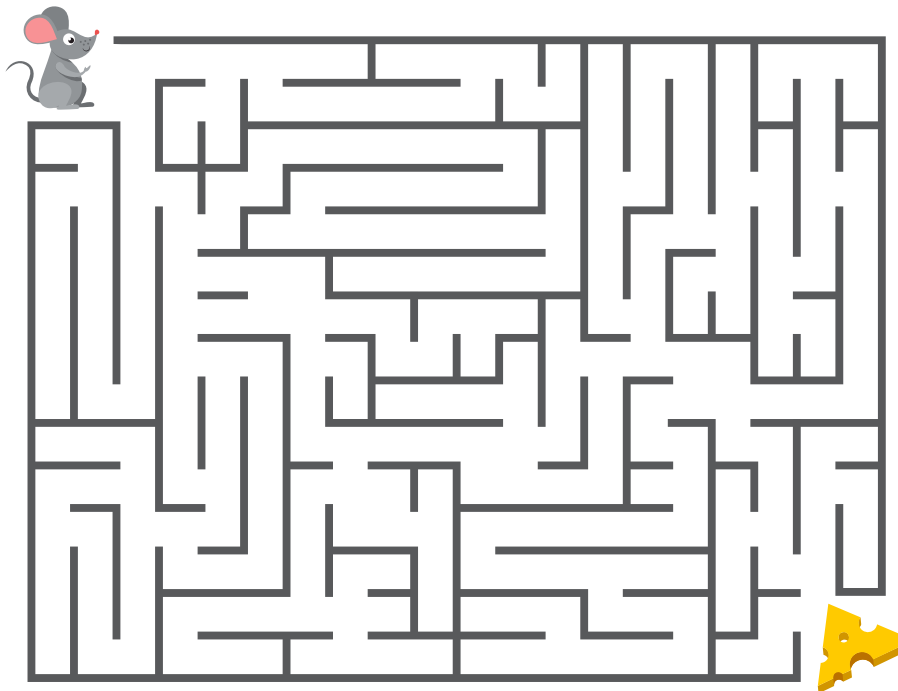


Can you spot 6 differences in the robot picture...and 10 differences in the underwater scene?! (answers on p. 39)





Time for more colouring! And below, help the mouse through the maze to find his cheese!



•EDUCATION•



Lunch at school impacts a child's performance; and food variety provides essential nutrients. Here are some ideas to switch up the school lunchbox.





RE-THINKING THE SCHOOL LUNCHBOX

Filling your child's lunchbox is straightforward for most parents. However, keeping the ingredients diverse means kids will get a wider variety of essential vitamins and minerals.

Filling your kid's lunch box with healthy food helps them stay focused and alert through the busy school hours by supplying the nutrition they need to perform well at school. As most parents know, kids can be picky eaters and getting them to eat something healthy is not always easy. For this reason, it is important to take the time to make their lunchboxes colourful, fresh and tempting. Here are few tips and suggestions to make your child's lunchbox healthy, delicious and enjoyable for them:

ASK YOUR CHILDREN

Ask your children about what they would like to have for lunch. Talk to them about how vitamins and minerals help them to focus and do well at school, as well as keep them healthy. Discuss it together and even compare the nutritional values of the foods of their choice. If they want sweet treats or junk items, make the healthier versions of these yourself.

For example, you can make sugar-free cookies using 'clean' sugar substitutes, such as erythritol or xylitol. If they want potato chips, you can make crunchy, cheesy crackers (with a few healthy chia, flax and sunflower seeds



for extra crunch!) at home to give them the savoury crunch texture they want. You can even experiment with baking these at home together. By doing this, you'll discover the recipes they'll enjoy most in their school lunchbox.

Come to an agreement with your child and pack the lunchbox together. This teaches your child how to do it, preparing them for when they are older.

CONTENTS OF THE LUNCHBOX

Let's take a look at some nutrient dense foods to include in a healthy lunchbox:

Vegetables

Veggies are packed full of vitamins and fibre. Their vibrant colours help make lunches eye-catching and attractive to younger eyes! This visual attractiveness influences children to think positively about eating more veggies. You have the choice of adding raw or cooked vegetables to the lunch, or perhaps a mix of both. Younger kids may enjoy vegetables cut into appealing little

shapes like stars or hearts. This is a simple extra touch that can really encourage your little one to consume more of this nutritious food group!

Fruit

Fruit is an ideal choice for a healthy, tasty lunchbox. Cut the fruits into large pieces, segments or slices and put them in a box so that it is straightforward for children to eat. There is a huge range of delicious fruits to include - why not try some lovely, easy to eat berries, or some refreshing melon? Sweet fruits like mango or pineapple are a great choice for children who have a sweet tooth. Fruits are a wonderful source of many different vitamins and minerals, not to mention fibre, which will keep your child feeling full for longer throughout the school day.

Cereal foods

Cereals are a brilliant source of carbohydrates. Cereals include foods like wholewheat bread, wholewheat pasta or noodles, rice, quinoa or oats, to name a few. Carbohydrates are what the

body converts into fuel and help to keep your child going throughout the day with the energy they need. They are vital for helping the brain, sustaining concentration, memory and focus, which are essential at school. On top of this, cereals provide proteins, fats, lipids, minerals, vitamins, and enzymes to your child's diet.

Meat

Meat and chicken are good sources of protein and contain other nutrients like vitamins, iodine, zinc, iron, and essential fatty acids. However, do not overload the lunch box with meat. Instead, use it in small quantities, as a small ingredient in a bigger dish or sandwich as opposed to being the main focus.

Milk products

Milk products like curd, or cheese can be a wise addition to the lunchbox. Curd has health benefits - it can strengthen the immune system and improve digestion greatly. It also helps you to fight acidity by neutralising the pH of the body. Cheese can help form strong bones and provides a boost of calcium and B-12.

Hydration

During the hot summer days, it is very important that your child stays properly hydrated. Sugary or caffeinated drinks are dehydrating. The best option for hydration is simply water. Children require roughly the following amounts each day to stay healthy and maintain normal function in their bodies.

5 to 8 years old: 5 glasses (1 litre)

9 to 12 years old: 7 glasses (1.5 litres)

13 years old and over: 8 to 10 glasses (2 litres)

A helpful tip is to add your little one's favourite fruit slices or herbs to the water bottle. This instantly makes the water more interesting and tasty to drink. Some flavoursome suggestions are to add mint leaves, slices of lemon and lime or even coriander. Play around and you will find a flavour your child enjoys sipping.

THINGS TO AVOID

Dairy desserts

The amount of fats and empty sugars is very high in dairy desserts. These desserts contain lots of simple carbohydrates which can lead to a sudden and giddy spike in energy, followed very quickly by a big crash. I think we can agree, this is not the best way to fuel any child through school. Complex carbohydrates, like the cereals we looked at, sustain energy for longer, in a level way, without any sugar spikes or lows.

Sugary drinks

Sugary drinks such as fruit juices, or carbonated drinks generally contain large amounts of sugar. This may cause oral problems and even lead up to obesity. Sugar is also highly addictive and it is therefore better to avoid foods with added sugar altogether. Make your own sweet treats at home with sugar substitutes such as monkfruit sweetener, erythritol, stevia or xylitol. This way, your little one can enjoy a sweet treat but avoid the health consequences that come along with sugary shop bought sweets and sugary drinks.

Processed foods

Processed food contain high amounts of calories with very poor nutritional

values. They are digested quickly, meaning your child may get hungry more often. Consuming processed foods regularly has been linked with obesity and high blood pressure, so read ingredient labels carefully and wherever you can, make a healthier version yourself at home.

Dried fruit bars

Again, these usually contain a multitude of added sugar, leading to dental health issues or lifestyle issues if consumed in excess. Try making your own smoothie instead with a mix of fresh fruit and a couple of sweet veggies, such as red capsicum and beetroot.

STYLE THE LUNCHBOX

To make the lunchbox look more appealing, you could try to present the food in a creative way. This gets children excited to open the lunchbox and see how everything looks each day.

Shape your food

Cut the veggies and fruits into different shapes, like faces, swirls or anything you

like! This attracts the kids towards the food. You can make use of cookie cutters to help you cut them easily into cute shapes.

Follow themes

Follow themes for food. For example, go with Asian one day and Arabic the next day. Make the lunch visually match the theme. This grabs children's attention and gets them engaged in their food.

Make sections

Divide the lunch box into sections. Arrange the box in such a way that one side of it contains vegetables, followed by fruits. Add the protein at one end. This can make the lunchbox look organised and easy to look at and access everything at once.

Once you explain the benefits of the individual ingredients and involve your child in the decisions about their school lunchbox - and experiment with recipes on the weekends - you should find you can increase the variety of healthy foods you include, as well as keeping your child happy to enjoy their lunchtime snacks.



GOOD LIVING.



Enter the competitions, read about the amazing effect of flowers; and check out our Ramadan gift ideas.



FRESH FLOWERS FOR RAMADAN

Fresh flowers are a great way to help your child to learn more about Ramadan. Here, we talk to Dina Almalik, Marketing Manager at Flowers.ae for tips on how to use fresh flowers this season.



Ramadan is a time of joy and celebration, bringing families and friends closer to each other sharing beautiful memories. To make Ramadan and Eid extra special for your guests, decorating your home with fresh flowers brings an element of vibrancy and brightness to your home and also prompts children to learn more about the occasion and its traditions.

Flowers.ae Marketing Manager, Dina Almalik, shares some simple tips on how you can embellish different rooms in your home this Ramadan and embrace the Holy Month with refreshing flower placements.

FLOWERS IN THE FOYER WELCOME YOUR GUESTS

Brightness, fragrance and colours greet your children, family and guests as soon as they walk into your home. Placing a fresh arrangement of flowers in the foyer of your home is one of the simplest ways of adding a special touch to an otherwise overlooked area. Whether you place flowers in a long vase by the main door, in a small pot placed on a side-table, or as a larger arrangement placed in an empty corner, fresh flowers can instantly add a refreshing touch to the place that welcomes all. Flowers set a vibrant tone, a welcoming first impression and uplift the mood of guests as soon as they walk in.

A CENTREPIECE ON THE IFTAR-TABLE

A floral centerpiece on the dining table is the perfect way to uplift any table setting and signify that your evening meal is a very special time with family. For a simple way to make a big impact,

place small vases in a row with short-stem flowers for a longer and more narrow platform, or a single unique arrangement as a centerpiece on the dining table to add a touch of serenity to your Iftar meals.

TEXTURE AND COLOUR TO YOUR MAJLIS

The living room, or any other seating area in your home is the area that provides the majority of memories with your guests for any occasion. The living room has lots of options! Add fresh flower arrangements in neutral shades, or ones that complement your existing colour scheme by using large vases with long-stem flowers. Alternatively, brighter shades add a pop of colour; and a floral bouquet on the coffee table sets the scene beautifully for guests to enjoy your hospitality.

BEAUTIFY THE WASHROOM

Adding fresh long-stem flowers in a clear vase in the washroom is a great way to include an additional element of beauty and flair either here, or in the guest rest rooms in your home. Fresh flowers and scented candles are a perfect complement to the vibe of your home all through the Holy Month...and beyond!

And don't forget - with their beautiful fragrances, colours and visual beauty, fresh flowers are a great way for you to enjoy your home and create a lovely family atmosphere as you spend time at home over Ramadan.

Photography: All arrangements pictured are available at Flowers.ae

RAMADAN GIFT GUIDE

CRATE & BARREL'S RAMADAN CAPSULE COLLECTION



The Crate & Barrel Ramadan Capsule Collection has inspirational ideas for at-home entertaining with a modern take on tradition. Incorporating home décor, furniture, dining and kitchen ware, you can expect to find exquisite lanterns, beautiful Turkish tea cups and elegant works of art, to delicious ingredients, which are perfect for hosting family and friends for Iftar and Suhoor. Featured here are the Calligraphitti Espresso Cups, priced at AED

360; and the Dinner Napkins from the Racha Elabbas Studio, priced at AED 81. Crate and Barrel is also offering a selection of ingredients such as rich truffles, extra virgin olive oil and balsamic vinegar of the highest quality. Make Ramadan extra special this year with home décor and furniture from Crate and Barrel.

The collection is now available in-store and online with a curated gift guide available at: crateandbarrel.me



THE LATEST SOLUTION TO ANTI-AGING BY FILORGA

FILORGA's popular Global-Repair range has a recent addition to its supreme anti-aging collection of products. An all-intensive feat of formulation, the Global-Repair Eyes and Lips acts as an ultra-targeted double agent. The specialist product contains a microcirculation-activating tuberoside extract to give an intensive rejuvenating effect on the eye contour and smoothing sesame seed extract to redefine the lip contour. Global-Repair Eyes and Lips is perfect for the treatment of dark circles, puffiness, crow's feet wrinkles, barcode wrinkles and nasogenian furrows. A thin layer of its lightweight melting texture to the eye and lip contours in the daytime and/or evening is the recommended usage.

The Global-Repair Eyes & Lips (AED 395) is available for purchase at leading pharmacies including Bin Sina Pharmacies, Boots Pharmacies and online at www.basharacare.com

THE GIFT OF WELLBEING THIS RAMADAN



There is nothing quite like the gift of wellbeing for your loved ones. If you are looking for Ramadan gift ideas, you'll find inspiration in Aroma Tierra's curated collection of luxury gifts. With over 150 premium, natural and organic oils to choose from, including a range of tasteful and eco-friendly aroma diffusers and nebulisers, you can never go wrong!

Aroma Tierra's assortment aims to make shopping simple, allowing you to find the perfect way to show your loved ones that you care with a touch of nature, while igniting the senses for a complete wellbeing experience.

See the full range at www.aromatierra.com

SHARE THE JOY: CROCS CELEBRATES RAMADAN WITH ITS CAPSULE COLLECTION



To celebrate Ramadan this year, Crocs is launching a limited-edition capsule collection of its iconic Classic clogs and sandals, alongside an empowering multi-channel campaign, entitled 'Share the Joy'.

The capsule collection is a joyful iteration of the brand's best-selling silhouettes for the whole family, comprising five styles including Classic Clogs, Classic Sandals, Classic Kids' Clogs and exclusive 'Jibbitz' charms. Inspired by the festivities of Ramadan and Eid, and designed with embellishment in mind, the statement footwear features an all-over glitter pattern in black-and-gold ombré, white-and-gold ombré plus a classic silver. The collection also includes a special-edition 3-pack of gold star Jibbitz charms, allowing

for ultimate personalisation opportunities during the celebratory season.

The Crocs Ramadan capsule collection brings to life the sense of fun and excitement of Ramadan and Eid through colour, maximalism, movement and togetherness and is available to purchase until 5th May. May 5th at www.crocs.gulf.com



MODEST LOOKS FOR RAMADAN FROM LEMONADE FASHION

This Ramadan Season, Lemonade Fashion brings you striking abayas, colorful maxi dresses, statement mules and bags, handcrafted in unique embroidery - and all tailored to suit your ultimate modest wardrobe.

Inspired by the heritage and traditions of the Middle East, environmentally conscious fashion brand Lemonade Fashion pays homage to the spirit of Ramadan with new pieces created exclusively for the occasion by emerging and independent designers. Celebrate this Holy Month with a selection of eye-catching abayas, tailored dresses, trendy mules, shimmering accessories and much more.

You can view the full collection at:
<https://lemonadefashion.com/women-home>

CHEEKEE MUNKEE LAUNCHES IN THE UAE

New kids' fashion brand, Cheekie Munkee, launches this month in the UAE, bringing a fun new take on playful, comfy and responsible children's fashion.



Created locally for GCC mums, Cheekie Munkee is a fun children's fashion brand, offering everyday essentials that let kids express themselves, whilst offering great value that parents will love.

Cheekie Munkee creates clothing for kids from newborns to 5-year-olds, with playful touches in styles that really capture the essence of childhood. Added to this, the brand is on a journey to make responsible fashion that is better for kids and the planet. The brand takes pride in offering durable clothing that is both comfortable and safe for little ones. Currently, 50% of the range is produced using sustainably grown cotton.

For its debut Spring/Summer 2022 collection, Cheekie Munkee offers a mix of casual and sleepwear, in trendy motifs and vibrant colours. Elements such as graphic prints and bows add fun details to the look - everything that's needed to be the best-dressed kid on the block!

You can discover Cheekie Munkee at selected Debenhams and Mothercare stores in the UAE and soon available online at Debenhams, Mothercare and Namshi.



TIME TO CHOOSE YOUR SUMMER KIMONO!

With summer fast approaching, we're sure to rearrange our wardrobes to feature lighter, more airy clothes - usually in brighter colours and cool tones and textures.

As kimonos have long been an iconic fashion statement, and summer wardrobe must-have, newly-launched sustainable online boutique, Aloushi's, introduces Alia Jashanmal, a brand of intricately designed kimonos, perfect for keeping cool in summer.

These kimonos are flowy, light and made of breathable material, with beautiful craftsmanship in the unique, delicate styles and patterns. The collection offers a variety from subtle, to bold statement pieces, which may be easily dressed with neutral clothing.

Handcrafted in Abu Dhabi, Alia Jashanmal's kimonos are exclusively available on Aloushi's; a sustainable lifestyle boutique that consciously promotes handmade and eco-friendly items and hosts a range of sustainable brands.



COMPETITIONS

motherbabychild.com/competitions

WIN! A VOUCHER TO SPEND ON SERVICES AT CORNERSTONE CLINIC, WORTH AED 1,000



Celebrated international plastic surgeon Dr. Maurizio Viel has expanded his healthcare offering with the opening of Cornerstone Clinic, bringing regenerative health and wellness for the whole family into the heart of new Dubai, in a beautiful contemporary space within Grosvenor House, Dubai

Marina. The clinic offers a convenient location for family medicine, dentistry, aesthetics and wellness, with a full team of qualified professionals alongside renowned visiting experts from across the globe.

One lucky winner will win a voucher to spend on services at Cornerstone Clinic, a family medicine practice that covers care of chronic illness, paediatric care, ENT, allergies, minor injuries, women's healthcare and family planning, alongside immunisations, skin conditions and mental health care.

WIN! A FAMILY ADVENTURE AT AVENTURA PARKS, WORTH OVER AED 700



Aventura Parks, Dubai's Largest Zipline Park, is nestled on 35,000 square metres of gorgeous Ghaf tree forest, where families and friends can gather to learn, play and grow together in the heart of nature. The setting features the largest treetop Adventure Park in the Middle East; a Team Building Park with impressive programmes

designed for schools and corporates; a Nature Trail that showcases the flora and fauna of the UAE; and a delightful Café brimming with homemade delicacies for when the hunger pangs strike. Not only this, adventure seekers can look forward to thrilling experiences as they navigate 24 ziplines, 6 circuits and 80 obstacles. The lucky winner will receive a family pass, for parents and two children to explore everything that Aventura Parks has to offer.

WIN! PROFESSIONAL SKIN ANALYSIS AND COSMOS ORGANIC CERTIFIED FACE PRODUCTS FROM IXORA, WORTH AED 800



Inspired by history, rooted in nature, crafted by science and surrounded by a passion for perfection, IXORA is a regional, award-winning, certified organic skincare brand that prides itself on being truly accessible to all. The brand focuses on ingredients with the highest quality and maximum concentration of organic botanical extracts, resulting in luxury products that are as natural as they are effective.

What's important to note about IXORA products is that they are created using cruelty-free methods and are free from any harmful or controversial ingredients, allowing IXORA to meet the highest global standards of organic certification, COSMOS organic. One lucky winner will receive the chance to visit the brand's Festival City Mall store and enjoy a professional skin analysis and take-home COSMOS Organic Certified Face products, in a prize worth AED 800!

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!



Emirates

HOME NURSING

الإمارات للتمريض المنزلي



RAMADAN OFFER

CHILD CARE

PAY ONLY
AED 50
PER HOUR

ON 4 HOUR BOOKINGS

CODE:
EHN RAMADAN

CALL TO BOOK
800NURSING(6877474)



hummingbird
early learning centre



RAMADAN CAMP

4TH APRIL - 29TH APRIL 2022

- ✦ ARABIC CLASSES
- ✦ IFTAR EVENINGS
- ✦ RAMADAN SONGS AND STORIES
- ✦ DRESS UP AND ROLE PLAY
- ✦ MOON SIGHT ACTIVITIES
- ✦ CARD MAKING AND MUCH MORE!

STARTING FROM **AED600** PER WEEK



SCAN TO WHATSAPP US

Limestone, DIFC | +971 4 379 9800
www.hummingbird.ae | info@hummingbird.ae

T&C'S APPLY