

ISSUE 131 | MAY 2022 | DHS15

Mother Baby & Child

IDEAS TO
CELEBRATE EID
IN STYLE!

MANAGING
NAPPY RASH


RAISING
EMOTIONALLY
INTELLIGENT
KIDS

WHAT ARE
'HEALTHY'
FATS?

OVER AED
5,000 OF
PRIZES TO
BE WON
THIS MONTH!

10
YEARS
Mother Baby & Child
AWARDS 2021

**SPECIAL
ANNOUNCEMENT:**
We reveal YOUR
award winners in
this issue



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EDITOR'S LETTER



Hello Mum!

This is the month of Eid al-Fitr and I wish you
a wonderful celebration, regardless of how you
mark the occasion!

As with any celebration, especially after a month
of fasting, mothers play a huge role in getting life
back to normal with the family, and in many cases, this
means preparing children for the Summer exams. On page 37, we look at how
you can support your child in both practical and emotional ways, and then we
go into more detail on page 40 by looking at how you can increase your child's
energy and stamina for the exam season. I hope you find some useful pointers
that can help give you and your children even more reason to celebrate soon!

Speaking of celebration - this is the issue where we're excited to finally reveal
your winners in the Mother Baby & Child Readers' Choice Awards! You'll
find the announcement on page 22. These are the brands, schools, hospitals,
retailers, family services and amenities you have voiced as your favourites
of 2021, as per your voting over the last few months. The Readers' Choice
award announcement is followed by the Editor's Choice awards - just five
individuals and organisations whose excellence really cannot go without
recognition. These are unsung heroes who have been championing your best
interests behind the scenes.

I'd love you to check out two Wellbeing articles this month on the thorny
topics of fats (page 18) and sugar. Contrary to common belief, not all fats are
bad, and some are necessary for the health development of both body and
mind. But sugar? Well, have a look at page 20 and see how you feel!

Staying on the subject of feelings, you don't need me to tell you that
motherhood isn't easy. In fact, it can be downright stressful at times,
especially in that familiar combination of having an overload of demands on
your time and attention, combined with too little rest. If this sounds familiar,
do check out page 29, where you'll find some tips on dealing with the stresses
of parenthood.

You know by now that I don't like to spill all my tea here and leave you to
discover the magazine for yourself! My only clue is a gentle nudge to enter
our competitions this month, 'cos you never know if this is your lucky month
to win!

Take care and see you soon!

Kay

Editor

Mother, Baby & Child Magazine

EDITOR'S —PICK—

EMBRACE COLOUR WITH THE NEW FLORA RANGE BY MILANI

A bit of colour can add life and personality to anything, yet research shows that women are notorious for falling into the habit of sticking to the same make-up colours. So, I challenge you to get adventurous with me this month and try something new! I have my eye on something to put on my eye! It's the new Flora Range by Milani - and at just AED 115.50 for the Gilded Eyeshadow Palettes, I'm going to enjoy doing things a little differently!

The brand is already a favorite for many with its affordable, cruelty-free, and luxurious make-up essentials, and with these latest additions it pushes the envelope further with new shades and pigments. Whether you're going for a subtle no-makeup look, or you feel like going all out, these palettes are going to showcase rich pigments, gorgeous velvety mattes and stunning shimmers - so you're sure to find something you love!

US-based cosmetics brand, Milani recently launched its Flora makeup collection to bring new pops of colour and rich textures together in a beautiful way.

You'll find Milani's products in Lifestyle and Debenhams Stores across the UAE and also on Glambeaute.com

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EDITOR'S PICK

DON'T FORGET TO BE KIND TO YOUR SKIN TOO, THIS SEASON!

Ramadan has been a time for self-reflection and for spreading kindness and joy. While we spend the month focused on others, it is important to give a few minutes of the same consideration to yourself and your own wellbeing as a mother. Feeling good is part of looking good, and Jergens Deep Restoring Argan Lotion delivers a lovely little daily dose of this that you can take forward all month long!

Infused with Moroccan Argan Oil and Vitamin E, Jergens Deep Restoring Argan Lotion is made for dry to very dry skin. If you're looking for a product that can stop moisture loss as the dial turns up on May temperatures, try this one to help you look and feel your best at a price that won't break the bank! The Jergens Deep Restoring Argan 200ml is just AED 14.95; and the 400ml version is AED 24.95

You'll find Jergens Deep Restoring Argan Lotion available at all major supermarkets, including Carrefour, Spinneys, and Waitrose.



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THINGS • TO DO •



This month we look at options to celebrate Eid this month with family and friends!

EID 'PLAYCATION' FUN AT LEGOLAND DUBAI



Great news for families celebrating Eid comes in the form of the sheer fun of creating happy childhood memories with a 2-night stay at LEGOLAND Dubai Theme Park, LEGOLAND Water Park and LEGOLAND Hotel. The Hotel, Theme Park and Water Park are all within just a few minutes walking distance apart, making the LEGOLAND Dubai Resort a handy destination for families looking to enjoy every minute of this year's Eid holiday.

- The LEGOLAND Dubai Resort is purpose-built for fun for families with kids aged 2-12
- The LEGOLAND Dubai Theme Park has over 40 LEGO themed rides, shows and building experiences
- LEGOLAND Water Park has over 20 family-friendly LEGO-themed water slides and attractions

The LEGOLAND Hotel (the first of its kind in the Middle East!) opened its doors for the first time earlier this year, so families have a chance to be the first to celebrate Eid Al Fitr at the famously fun LEGOLAND Dubai Resort.

AMENITIES AT KIDS' HEIGHT!

You'll get to discover what it means to have a 'Hotel Playcation' at the LEGOLAND Hotel, a fabulously kid-friendly hotel with services and facilities dedicated to kids. There's a kid-height check-in counter; kid-height buffet counter; appearances from favourite kids characters;



a huge Castle Play area in the middle of the lobby; a LEGO Pit Pool with hundreds of LEGO bricks; together with creative workshops offering playful learning for kids.

EID THEMED ACTIVITIES

To extend the fun this Eid, kids are welcome to choose one or more of the exciting Eid themed activities, including the Eid LEGO Lantern Build and Eid Arts & Crafts with unlimited fun. All this is topped with the in-room Treasure Hunt, where a different adventure awaits the little ones in each of the 5 themed rooms, which includes 'Pirate, Adventure, LEGO NINJAGO, LEGO Friends and Kingdom'.

'KIDS EAT FOR FREE' OFFERS

During your Eid break, children can enjoy a 'Kids Eat Free' offer at Caesar's Pizza & Pasta Buffet (see the website for details) with a tasty salad and pasta bar, along with live cooking stations and a delicious selection of vegetarian and non-vegetarian pizzas to choose from. To mark an awesome Eid, every family member

will receive a complimentary limited-edition Eid LEGO Collector's brick to add to their collection.

Furthermore, kids are invited to choose their favourite bite out of a wide selection of vegetarian and non-vegetarian burgers and wraps for free at Waves Bistro in the LEGOLAND Water Park, as part of a 'Kids Eat for Free' offer after 4pm. (See the website for details.)

The '3-in-1 Playcation' at LEGOLAND Dubai Resort is valid for a minimum of two-night stay at LEGOLAND Hotel in themed rooms, fully themed rooms and fully themed suites between 2nd and 8th May 2022. This offer includes buffet breakfast, creative workshops, Eid themed activities, outdoor family pool and access.

The LEGOLAND Dubai Theme Park opens 7 days a week. Opening hours from 10am - 6pm (Monday to Thursday) and from 10am - 7pm (Friday to Sunday).

For more information, please visit www.LEGOLAND.ae



KEMPINSKI HOTEL MALL OF THE EMIRATES

A SKI CHALET FAMILY EID STAYCATION PACKED WITH FOOD & ENTERTAINMENT AT KEMPINSKI, MALL OF THE EMIRATES

Located in the heart of Dubai, Kempinski Hotel Mall of the Emirates provides families with a luxurious, all-encompassing stay with many regional firsts, from Ski Chalets overlooking the snowy slopes of Ski Dubai to unique dining experiences, to keep everyone excited this Eid! With direct access to Mall of the Emirates, the five-star property also offers limitless world-class shopping options, delicious food offerings and several leisure activities for all, right at your doorstep. You can enjoy a perfect family-friendly getaway with the newly launched spacious two-bedroom suites. Featuring two separate living rooms, opulent bathrooms and a dining room, the two-bedroom suite is the ideal choice for a family or group (up to 4 adults and 2 children) looking for a stunning staycation getaway in a comfortable space. If one of you needs to catch up on work emails on your staycation, you can also enjoy exclusive access to the Executive Lounge where breakfast, afternoon tea and evening drinks with canapes are served on complimentary basis.



EID AL FITR BRUNCH AT THE LUXURIOUS RAFFLES THE PALM DUBAI

Raffles The Palm Dubai, nestled on Palm Jumeirah's West Crescent, welcomes families and friends coming together this Eid Al Fitr to enjoy the break with exclusive packages. To celebrate the end of the Holy Month, Le Jardin is hosting a lavish brunch on the second day of Eid. You can relish traditional levantine flavours and experience a delectable selection of classic Arabic dishes from world-class chefs, starting from AED 325 per person, which includes soft drinks and fresh juices. *Prices: AED 325 - Soft package incl. / Date: Second day of Eid Al Fitr, May 2022, at 1pm*

KIDS CLUB & REVITALISING TREATMENTS FOR YOU AT CINQ MONDES

The resort's award-winning spa, Cinq Mondes is offering a revitalising 'Arabic Escape Treatment'. The treatment is a uniquely curated 90-minute oud massage, with a camel milk body wrap and henna

body scrub for AED 780 per person. Guests will also received AED 150 credit which can be redeemed against the package. Young guests staying at Raffles The Palm can enjoy a host of activities at the kids club, including a bouncy castle, face painting, musical games, painting sessions as well as complimentary access to watersports and mini golf.

For bookings and reservations, call 04 248 8888 or visit www.raftesthepalmdubai.com



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DINE & STAY THIS EID AL FITR AT JANNAH HOTELS & RESORTS

The Jannah Hotels and Resorts invite you to enjoy an unforgettable staycation experience this Eid across Jannah Hotels & Resorts properties in the UAE, where you're promised a luxurious and captivating experience. From the hotel views to the gyms, swimming pools and jacuzzis, Jannah Hotels & Resorts has the best options for families, couples and friends' staycations.

Those staying at Jannah Burj Al Sarab in Abu Dhabi will enjoy a scrumptious international lunch and dinner buffet starting at AED 79 per person, while the Feta Restaurant at EDGE Creekside is serving a one-of-a-kind buffet coupled with pool access at AED 125 per person. Feta Restaurant at Jannah Marina Hotel Apartments will be welcoming guests with a unique Eid offering; a set-menu including soft drink at AED 99 per person. Valid until 31st May, the best room rate will start from AED 250 for a Deluxe King/Twin room at EDGE Creekside; and up to AED 2,324 for a four-bedroom villa at Jannah Hotel Apartments and Villas - Ras Al Khaimah.

For booking or enquiries, visit www.jannah-hotels.com & www.edgehotels.com or call 800-JANNAH (526624).



CIRCLE MALL'S WEEKLY EMIRATI FARMER'S MARKET IS BACK!

It's exciting news that family farmer's market, Manbat, makes its way back to Circle Mall, Nakheel's go-to shopping destination at JVC, every Sunday starting from 8th May onwards, from 9 am to 3 pm; and from 7:30 pm to 10 pm. Providing JVC and nearby communities with access to local produce and fresh food, Manbat is a joint initiative between Arada and the Ministry of Climate Change & Environment. The availability of the Manbat farmers' market encourages families to eat healthy and home-grown products and aims to link UAE consumers directly with our local farmers.

For more information on Circle Mall, visit www.circlemall.ae and follow Circle Mall on Facebook and Instagram at @CircleMallDxb.

FAMILY EID FEAST AT MILLENNIUM PLACE BARSHA HEIGHTS



This Eid, gather your family, friends and loved ones for a festive celebration at M One Restaurant located at Millennium Place Barsha Heights with a special themed dinner curated by the hotel's talented chefs.

Taking place on 2nd and 3rd May, the first and second day of the festival, the Eid Al Fitr International buffet will feature dishes from the region and beyond. The hearty buffet will be available from 7pm to 11pm, priced at just AED 149 per person, and AED 49 for children aged 6-12 years old. Little ones can enjoy a special kids' buffet at the hotel's Kids Club where they will also have complimentary access to a host of exciting activities that is sure to keep them entertained for hours.

The traditional dishes have a regional flair and include hot and cold mezze, slow roasted lamb ouzi and a live shawarma station, an irresistible feast for meat lovers. Additionally, the live grill will offer freshly cooked flame-grilled treats including fish, Shish Taouk, Kofta and marinated prawns. Finish your leisurely celebration with Arabic sweets, freshly baked cakes, ice cream and handcrafted pastries - the dessert selection will be worth saving space for!

Additionally, you can also enjoy live music from Timeless Duo who will be adding some sparkle to the evening with upbeat Cuban melodies to ring in the festive spirit

For information and reservations, email: restaurants.mpbh@millenniumhotels.com | WhatsApp or call +971 5 8606 0831

•WELLBEING•



This month we look at the differences between different kinds of fats, including the healthy ones! Also, we have a reminder on the issues with sugary drinks.





MANAGING NAPPY RASH

Most babies get nappy rash at some point. Here is an overview of this common skin issue and ways it can be prevented and treated.

WHAT IS NAPPY RASH?

Nappy rash is a red, irritated or broken area of skin on your baby's bottom. It happens from your child's skin being in contact with wet or dirty nappies for a prolonged period.

When your baby is healthy and free of infections, their urine is normally sterile. However, it can still cause the skin to become irritated and so leaving your baby in a wet nappy for too long can result in nappy rash.

Don't be alarmed if your child develops this skin condition - no matter how well a baby is cared for, they are likely to develop nappy rash at some stage along the way. Most babies will experience it within their first 18 months, regardless of the kind of nappy (disposable or non-disposable) they use. Depending on the individual child, the skin can be more or less sensitive. Any little one with delicate skin may also be more prone to having rashes on other areas of their body. Infections, such as a cold or another viral illness can cause nappy rash to flare up. For some, this is the only situation they will develop rash.

Nappy rash can be treated successfully at home in most instances, with the help of a maternal and child health nurse where necessary. Don't be afraid to contact your doctor if you feel your child's nappy rash is severe, is making your baby very uncomfortable or doesn't clear up within few days.

SYMPTOMS OF NAPPY RASH

Symptoms of nappy rash can include:

- ✓ Inflammation - your baby's skin may appear red and moist

- ✓ Warm skin - your little one's skin can feel warm or hot to the touch, especially in areas where it looks particularly sore
- ✓ Blistering - their skin can blister and then peel, sometimes resulting in tenderness, raw patches or even pimples
- ✓ Spreading - the rash can spread quite easily to the whole nappy area, sometimes even upwards towards the tummy or into the folds of the skin
- ✓ Ulcers - small ulcers can sometimes form on healthy skin near the area of the rash

Babies can become distressed due to discomfort in more severe cases. Damage to the skin can be painful and can unsettle the baby, especially if urine touches off of the rash.



CAUSES OF NAPPY RASH

If your child suffers with rashes on other parts of their body, such as eczema or cradle cap, they have a higher chance of getting a nappy rash. Certain things can increase their chances of nappy rash. These include:

Wet nappies

Sitting for too long in a dirty or wet nappy can cause nappy rash because ammonia, a chemical found naturally in urine, is quite strong and can irritate your little one's delicate skin

Friction

Sometimes your baby's skin can become sore from rubbing against a rough nappy. This can include scratches from the sticky tabs when removing the nappy. These little friction marks leave the skin more vulnerable to developing a rash

Fragrances

Young skin is particularly sensitive to soaps, bath products or detergents such as washing powder and these can be responsible for irritating your child's skin

Wipes

Baby wipes that contain alcohol can be drying and leave the skin more prone to peeling and cracking, paving the way for a rash.

Teething

It's not well understood but there is a link between teething and developing nappy rash

Antibiotics

Antibiotics can imbalance the gut and this may flare up a number of skin conditions including nappy rash

TREATMENT & PREVENTION

There are some routine practices that can lower the risk of developing nappy rash or help to address it when it appears. These include:

- ✓ Use good quality, disposable nappies where possible, as they better absorb urine and keep the surface of the nappy (next to the skin) dry.
- ✓ If using cloth nappies, change them often and avoid putting plastic pants on top as they make it harder for skin to breathe

- ✓ Change your baby's nappy frequently and change dirty nappies immediately
- ✓ Avoid wet wipes that have alcohol in them. Buy ones that are fragrance and alcohol free
- ✓ Leave the nappy off whenever possible. This will give your baby's skin a chance to dry out fully, breathe and take a break from touching any material. Try laying your baby on a towel during tummy time or any floor play
- ✓ Avoid overly perfumed soaps and wipes as these can irritate the skin
- ✓ Use soft towels or cotton wool, and a gentle dabbing motion to dry the skin
- ✓ Apply a barrier cream to protect the baby's skin. Products containing zinc cream, zinc oxide ointment and petroleum jelly are all suitable

WHERE TO GET HELP

In mild cases, or for prevention, talk to your pharmacist and they can recommend a suitable barrier cream. Your baby's nappy rash should improve within a week or so. If it doesn't clear up by then, or you feel it is especially sore, see your doctor.

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WHAT ARE HEALTHY & UNHEALTHY FATS?

In this article, we take a look at the difference between healthy and unhealthy fats and what they mean for your family's health.

As a parent with a huge responsibility to raise a healthy, well-nourished child, it is important to know the role of fats in your family's diet. Not all fats are bad - in fact, fat is an absolutely necessary component of a healthy diet. However, for long-term health, some fats are better than others.

WHAT IS HEALTHY FAT?

Healthy fat is sometimes called unsaturated fat. Unprocessed fatty foods tend to be unsaturated. This means foods like nuts and seeds or unprocessed oils, like olive oil. Healthy fats are vital to include in your family's diet for several reasons, which we will discuss here.

BENEFITS OF HEALTHY FAT

Fats are a major source of energy. They contribute to strong hair and good skin as they help us absorb the fat-soluble vitamins A, D, E and K. Good fat is also helpful for blood clotting, proper brain function, immunity, muscle movement and inflammation.

Preventing heart disease and stroke

There are two types of healthy, unsaturated fats - monounsaturated and polyunsaturated. Both are good choices for your family because they can help decrease the chances

of diseases developing later in life, especially heart disease and stroke. They do this by:

- ✓ Lowering heart rate and contributing to stable heart rhythms
- ✓ Keeping arteries clear
- ✓ Decreasing the risk of clotting
- ✓ Helping to make good cholesterol and move it efficiently around your body
- ✓ Reducing bad cholesterol, but only if good fat has replaced unhealthy fats in your family's diet!

Omega-3 fatty acids

Polyunsaturated fats contain both omega-3 fatty acids and omega-6 fatty acids which have other important health benefits. For example, omega-3 fatty acids can:

- ✓ Help brain and eye development in unborn babies and during the first six months
- ✓ Aid heart, eye, joint and mental health
- ✓ Boost brain and nervous system development
- ✓ Strengthen the immune system

- ✓ Reduce pain, stiffness and inflammation

Omega-6 fatty acids

Omega-6 fatty acids also have many benefits. These include:

- ✓ Blood coagulation
- ✓ Growth and repair processes
- ✓ Regulating blood pressure
- ✓ Reducing cholesterol levels

SOURCES OF HEALTHY FAT

Unsaturated fats are mainly found in foods from plants, like unprocessed vegetable oils or nuts and seeds.

Monounsaturated fats

Monounsaturated fat can be found in:

- ✓ Oils like olive, peanut, rice bran or grape seed oil
- ✓ Almonds, cashews, peanuts
- ✓ Seeds such as pumpkin or sesame seeds
- ✓ Lean meat
- ✓ Avocado

Polyunsaturated fats

Omega-3 fatty acids are one of the main polyunsaturated fats. Since the body cannot make omega-3 fats, they must be obtained from food. In the modern diet, we tend not to eat enough omega-3, so it's important to make an effort to add omega-3 rich food to your family's diet. These foods include:

- ✓ Oily fish such as tuna, salmon and mackerel
- ✓ Walnuts
- ✓ Flax seeds and chia seeds
- ✓ Soy foods
- ✓ Canola or soybean oil

Omega-6 fatty acids are another kind of polyunsaturated fat. In the modern world, we tend to eat enough omega-6 fatty acids, as most processed foods made with vegetable oils, like packaged snacks, frozen pizza, and fast food, contain omega-6. However, these foods are also very high in unhealthy fats. So, aim to limit your intake of these processed foods and try these more nutritious omega-6-rich alternatives:

- ✓ Safflower, sunflower or canola oil
- ✓ Walnuts and almonds
- ✓ Tofu
- ✓ Eggs

UNHEALTHY FAT

Unhealthy fat comes in two forms - saturated fat and trans fat. They are unhealthy because they make your body produce bad cholesterol, leading to a variety of health issues, most especially heart disease. These fats can also reduce your body's level of good cholesterol. Additionally, saturated fats and trans fats have no known health benefits and cause system wide inflammation, a factor in many different diseases.

SOURCES OF SATURATED FAT

Fats that are often solid at room temperature tend to be mostly made up of saturated fats and should be eaten sparingly.

Saturated fats are found in:

- ✓ Animal products
- ✓ The visible fat on meats
- ✓ Palm and coconut oil - often used in commercial frying, or commercial biscuits, chips and crisps
- ✓ Full-fat dairy products like butter and cream

Trans fat is found in:

- ✓ Shop bought cakes and biscuits
- ✓ Takeaway food
- ✓ Ready-made or frozen meals
- ✓ Processed snack foods like crisps
- ✓ Energy bars

HOW MUCH FAT DOES YOUR CHILD NEED?

The amount of unsaturated fat to include per day depends on your kid's age. Here is a breakdown of what each age needs:

- ✓ 1-2 years – 1 serving
- ✓ 2-3 years – 1/2 serving
- ✓ 4-8 years – 1 serving
- ✓ 9-11 years – 1 serving

- ✓ 12-13 years – 1½ serving
- ✓ 14-18 years – 2 servings

Men under 70 years should have 4 servings. Women and older men are recommended to have 2 servings.

What counts as a serving?

- ✓ 1-2 teaspoons (5-10 gm) of olive, canola or rice bran oil
- ✓ 1-2 teaspoons (5-10 gm) of nut pastes and spreads
- ✓ 1 tablespoon (20 gm) of avocado

HOW TO REDUCE UNHEALTHY FAT INTAKE

Here are some useful tips to help your family reduce their intake of saturated and trans fats. To do this, try to:

- ✓ Buy lean cuts of meat and reduced-fat mince instead of fatty cuts
- ✓ Choose low-fat dairy products, except for children under two years
- ✓ Use olive, canola or sunflower oil in cooking instead of butter
- ✓ Replace butter in sandwiches with nut pastes or avocado
- ✓ Use low-fat yoghurt instead of cream
- ✓ Try roasting, steaming, baking, stewing or poaching your food instead of frying in butter
- ✓ Use the amount of oil needed for the recipe by measuring it out
- ✓ Reduce oil by using oil spray instead of liquid oil, or add water to the bottom of baking dishes
- ✓ Before cooking, trim fat off meats and remove skin from chicken
- ✓ Choose tomato or vegetable-based sauces, curries and stews instead of creamy or buttery dishes
- ✓ Choose chopped fruit or vegetable sticks for snacks instead of cakes, biscuits, chocolates and sweets

A better understanding of why fat is so important for wellbeing, and which fats to focus on, provides real opportunities to make small dietary tweaks that can have hugely significant health impacts.



THE ISSUES WITH SUGARY DRINKS

It can sometimes seem like sugary drinks are so common they are almost normal, but how do they actually affect your child?

While sugary drinks are widely available and often normalised, it's good to remember that kids do not need sweet drinks to have a healthy diet. Drinking sweetened drinks lowers the quality of a child's diet and increases the chances of being overweight and developing oral health issues. It also forms a strong, unhealthy habit that can often last a lifetime.

For reference, sugary drinks include fizzy drinks, sweetened soft drinks, fruit juices, flavoured water, sports drinks and cordials. Healthcare professionals do not recommend any of them for children or teenagers.

LET'S TALK ABOUT FRUIT JUICE

You may be wondering how fruit or vegetable juices could be unhealthy for a child. Fruits and vegetables contain naturally occurring sugars.

However, these sugars become very concentrated when made into juice. Fruit or vegetable juice is unnecessary for a child to have a healthy, balanced diet. It's better to persuade kids to eat the whole fruit or vegetable and drink plain water or milk to stay hydrated.

THE BEST DRINK FOR HYDRATION

12 months and under

Breast milk is the best drink for babies under a year. Infant formula is also an option at this age. One of these two should be your child's main drink.

1-2 years

When your little one is over a year and has reduced breastfeeding or formula, full-fat cow's milk and water are the best drinks for hydration and nourishment.

2 years and beyond

Reduced-fat milk is an option for kids over two. However, water is a better option where possible. Drinking water is a great habit to get your kids into, so encourage them to drink a glass throughout the day, consistently.

WHY ARTIFICIAL SWEETENERS ARE BAD

Some soft drinks contain artificial sweeteners instead of added sugar. This can seem like a good choice because, unlike sugar, artificial sweeteners add very little energy to the diet so it would make sense that they do not directly lead to weight gain. However, artificially sweetened drinks have their own set of health dangers.

Weight gain

Drinking artificial sweetened drinks maintains the habit of drinking sweet drinks and does not add nutritional value to a healthy diet. Studies indicate that children who consume these drinks tend to eat more calories in food and have a higher likelihood of childhood obesity.

Addiction

Studies have linked artificial sweeteners with cravings to consume more and more. This could lead to less desire to eat naturally sweet

foods, meaning less essential nutrients overall. For example, a child is more likely to want an artificially flavored mango drink than to eat slices of real mango.

Oral health problems

The acidity of drinks (whether sweetened with sugar or artificial sweeteners) and the frequent habit of drinking them, can lead to tooth erosion and decay. For good oral health, it's best if children drink plain water throughout the day.

Food intolerances

Studies show a possible relationship between increased consumption of additives (such as artificial sweeteners) and a higher chance of various food intolerances. Kids who eat or drink a lot of artificial sweeteners are at greater risk of developing food allergies later in life.

THE EFFECT OF SUGARY DRINKS

Drinking sugary drinks regularly can bring about a range of problems for kids. Let's look at what they are.

Unhealthy weight gain

Sweet drinks are 'empty calories', meaning they are high in energy and low in the nutrients your child actually needs. Making these a regular drink may lead to excess weight gain. Being overweight as a child can lead to a myriad of health issues later in life.

Tooth decay

Consuming sugary drinks routinely is strongly linked to oral health issues. The liquid transports sugar all around the mouth. The sugary fluid then sits in a layer on the teeth and gums for long periods of time. This is when decay may begin.

Encourage your child to drink water and develop a regular tooth brushing routine as soon as your child's first tooth appears.

Interference with appetite

Sweet drinks are full of energy and these calories can fill children up, making them less hungry for actual food. They are not a substitute for food and do not provide the nutrition a child needs to grow and be healthy.



For picky eaters, stopping or limiting sweet drinks is a helpful way to encourage appetite for other foods.

Issues like iron deficiency and lack of growth may happen in very young children who replace foods with sweet drinks.

Digestive issues

Some children, particularly young children, may struggle to digest some of the sugars in sweet drinks, which can lead to diarrhoea. Slow growth can occur if energy and nutrients are regularly lost from the body. When sweet drinks are removed from a child's diet, digestion and absorption of nutrients from food should improve.

THE WAY FORWARD...

Making changes to your child's diet can be a challenge. Here are some tips to help you make it happen. They include:

- ✓ Lead through example by avoiding sweet drinks yourself and keeping them out of the house
- ✓ If your child is already used to sweet drinks, don't stress! Begin by lessening their intake with watered-down versions and then slowly replace these with plain water
- ✓ Be positive about drinking and enjoying water - set the right example by making it the main drink in your household

Removing sugary drinks from your family's diet may take time, but the health benefits to your child will be worth it!



Mother Baby & Child

AWARDS 2021

ANNOUNCEMENT

MOTHER BABY & CHILD AWARD WINNERS

Over the last few months, you've been voting for your favourite and most appreciated brands, products and services of 2021 - the year when the pandemic restrictions were starting to lift and life was slowly beginning to return to normal. And here, we're proud to announce your winners of the Readers' Choice Mother Baby & Child Awards!

BABY & CHILD CARE CATEGORY

Baby & Child Clothing Retailer of the Year

GOLD: Zippy

Silver: Babyshop

Bronze: Okaidi Obaibi

Baby & Child Footwear Retailer of the Year

GOLD: Sun & Sand Sports

Silver: Sketchers

Bronze: Clarks

Baby Food Range of the Year

GOLD: Nestle Cerelac

Silver: Kabrita

Bronze: Hipp Organic

Growing Up Milk Brand of the Year

GOLD: Aptamil

Silver: Nestle Nan

Bronze: Nestle Nido

Nappy Brand of the Year

GOLD: Snugberi

Silver: Pampers

Bronze: Fine Baby

Baby Wipe Brand of the Year

GOLD: WaterWipes

Silver: Pampers Aqua Wipe

Bronze: Fine Baby

Baby & Child Skincare Brand of the Year

GOLD: QV Baby

Silver: Cetaphil

Bronze: JOHNSON'S Baby

FAMILY EXPERIENCES CATEGORY

Family Deals Provider of the Year

GOLD: Groupon

Silver: The Entertainer

Bronze: Cobone

Family Staycation Experience of the Year

GOLD: Bab Al Shams

Silver: Lapita, Dubai Parks and Resorts

Bronze: Saadiyat Rotana Resort
& Villas Abu Dhabi

Family-Friendly Restaurant of the Year

GOLD: Maison Mathis

Silver: Lime Tree Cafe

Bronze: PizzaExpress

EDUCATION CATEGORY

Outstanding School of the Year - UAE

GOLD: Regent International School

Silver: Duncrest American School

Bronze: Reach British School Abu Dhabi

Nursery of the Year - Abu Dhabi

GOLD: Hummingbird Early
Learning Centre

Silver: Redwood Montessori Nursery

Bronze: British Orchard Nursery

Nursery of the Year - Dubai

GOLD: Jumeirah International
Nurseries

Silver: Hummingbird Early Learning Center

Bronze: Raffles Nursery Arabian Ranches

Primary School of the Year - UAE

GOLD: Dubai British School
Jumeirah Park

Silver: Regent International School

Bronze: Dubai International Academy

Secondary School of the Year - UAE

GOLD: Nord Anglia School Dubai

Silver: The British International School
Abu Dhabi

Bronze: GEMS American Academy -
Abu Dhabi

CHILDREN AT PLAY CATEGORY

Theme Park of the Year

GOLD: LEGOLAND Dubai

Silver: Ferrari World Abu Dhabi

Bronze: Motiongate Dubai

Toy Retailer of the Year

GOLD: Toys R Us

Silver: Early Learning Centre (ELC)

Bronze: Hamleys

Water Park of the Year

GOLD: Aquaventure Waterpark

Silver: Wild Wadi Waterpark

Bronze: Yas Waterworld

A W A R D S

Soft Play Venue of the Year

GOLD: Kidz Palooza

Silver: Stay & Play

Bronze: Kids HQ

Kids' Educational Activity Centre of the Year

GOLD: OliOli

Silver: Children's City

Bronze: The Green Planet

Kids' Entertainment Centre of the Year

GOLD: VR Park

Silver: BOUNCE

Bronze: Sky Zone

Best Party Venue of the Year

GOLD: Splash 'n' Party

Silver: OliOli

Bronze: Mattel Play! Town

PARENTING SUPPORT CATEGORY

Parenting App of the Year

GOLD: Cloudhoods

Silver: Philips

Bronze: Kidzapp

Maternity Skincare Brand of the Year

GOLD: Bio Oil

Silver: Palmer's

Bronze: Mustela

Parenting & Lifestyle Influencer of the Year

GOLD: Karen McLean

Silver: Sophie Hollingdale

Bronze: Jessica Cairney

One-Stop Parenting Shop of the Year

GOLD: Elli Junior

Silver: Babyshop

Bronze: Mamas and Papas

Childcare Provider of the Year

GOLD: Emirates Home Nursing

Silver: Malaak Baby Care

Bronze: Nightingale Health Services

HEALTH & MEDICAL CATEGORY

Hospital of the Year

GOLD: Mediclinic City Hospital

Silver: Mediclinic Parkview Hospital

Bronze: Medcare Hospital, Al Safa

Paediatrics Clinic of the Year

GOLD: GMC Clinics

Silver: Al Jalila Children's Specialty Hospital

Bronze: HealthPlus Children's Specialty
Center, Abu Dhabi

Dental Care Provider of the Year

GOLD: Dr Michael's Dental Clinic

Silver: Dr. Nicolas & Asp Dental

Bronze: HealthBay Dental Care

**Women's Health
Clinic of the Year**

GOLD: Medcare Fertility Centre

Silver: Mediclinic Middle East

Bronze: Aster IVF and Women Clinic

Maternity Department of the Year

GOLD: Mediclinic Parkview Hospital

Silver: American Hospital Dubai

Bronze: Emirates Specialty Hospital

**Mental Health Services
Provider of the Year**

GOLD: The Lighthouse Arabia

Silver: Priory Aspris Wellbeing Centres

Bronze: Vivamus

**Medical
Clinic of the Year**

GOLD: MediClinic Dubai Mall

Silver: Health Bay Jumeirah

Bronze: Aster Clinics - UAE

RETAILERS CATEGORY

**Maternity
Retailer of the Year**

GOLD: Babyshop

Silver: Marks and Spencer

Bronze: Seraphine Maternity

Supermarket of the Year

GOLD: Spinneys

Silver: Carrefour

Bronze: Waitrose

Homestore of the Year

GOLD: Pottery Barn

Silver: Home Centre

Bronze: Danube

**Grocery Delivery
Service of the Year**

GOLD: Kibsons

Silver: Barakat Fresh

Bronze: Instashop

INSPIRATIONAL PEOPLE CATEGORY

Entrepreneur of the Year

GOLD: Halima Jumani, Kibsons

Silver: Edward McCloskey, Founder,
WaterWipes

Bronze: Suzanne Browne & Martina Craine,
Founders, Clevamama





EDITOR'S CHOICE AWARDS

The Editor's Choice Awards are based on recognising the great passion and work undertaken by individuals, organisations and brands, in supporting mothers, babies and children - often without us realising it!

By Kay Marham

In the course of producing the magazine, I am lucky to gain much information about the community, environmental and family health initiatives undertaken by individuals, organisations and brands. These often involve deep research, dialogue and lots of exposure to the quality of thinking that quietly goes on for your benefit. I can tell you that there is an almost invisible world around you that is constantly working behind the scenes and striving to help and support mothers, children and families - and The Editor's Choice Awards represent among the finest!

EDITOR'S CHOICE COMMUNITY CHAMPION BRAND OF THE YEAR

Babyshop

This Editor's Choice award is for Babyshop is simply because the brand continues to impress me with their dedication and genuinely caring attitude towards mothers and their children. I have personally received calls from the team to discuss ideas for helping low income families; and their recent charity-partnered Ramadan initiative to let loose 40 children of single parents into one of their stores to choose themselves new outfits and items - all without fanfare or publicity.

Babyshop wants the best for every mother - whether that means providing high quality fashion choices for their children at affordable prices, or starting at the beginning to 'hold the hand' of newly pregnant mums by pairing them with their in-house free Personal Shopper service to sit down, talk about their needs and give friendly advice accordingly. It's very telling that every mother trusts Babyshop And I do too, hence this award.



EDITOR'S CHOICE: HEALTHCARE PROFESSIONAL OF THE YEAR (Joint Winners)

Dr. Imran Asad, Paediatric Emergency Medicine Consultant; & Dr Christos Tzivinikos, Consultant Paediatric Gastroenterologist - both from Al Jalila Children's Speciality Hospital



Dr Tzivinikos and Dr Asad are both Specialists at Al Jalila Children's Speciality Hospital. Their experience in children's medical emergencies and gastroenterology (the branch of medicine that deals with disorders of the stomach and intestines) has made them leading experts in the country for recognising and treating children in the event they swallow a lithium coin cell battery.

If a child accidentally swallows one of these batteries, the chances are that nobody will notice for a while, and during that time, the corrosive substances in these batteries can do a great deal of harm if left untreated. Both Dr Tzivinikos and Dr. Asad know only too well how much harm can be done to children, so they spearheaded a fantastic campaign of awareness to inform parents of the dangers

of lithium coin cell battery ingestion, and what to do in the event that they even suspect a child may be at risk. Creating collaboration with the media, the Duracell brand of batteries, Al Jalila Children's Speciality Hospital itself; and directly presenting to mothers themselves - their dedication to caring for the health of children goes far beyond the call of duty - hence this award.

EDITOR'S CHOICE: BEST MOTHER & CHILD HEALTH DEVELOPMENT PROFESSIONAL OF THE YEAR

Dr Giovanni Bisanti, Chiropractor and Functional Neurologist at Amwaj Polyclinic



Dr Giovanni Bisanti is a very special healthcare professional, and one whom I consider to be the region's top Chiropractor and Functional Neurologist. His extensive range of chiropractic work includes working gently with babies and children in many aspects of helping them to develop healthily. His outstanding (and caring) work with pregnant mothers includes helping them to reduce the back pains and physical discomforts of pregnancy, and also help to prepare them for a smoother, easier birth. His work also includes helping overdue pregnant women to start labour, in a calm, natural, non-invasive way - thereby often eliminating the need for external interventions to induce labour at the hospital.

Dr Bisanti's work involves identifying and rectifying imbalances in the brain and body that may cause a range of health issues in adults and children. These include ADHD, strengthening their immune system, sports injuries, as well as a wide range of physical conditions, as well as issues with mood too. As chiropractic work can often help almost everybody to improve their health and be a better version of themselves, Dr Bisanti represents the best of a natural approach to helping our mothers and children.

EDITOR'S CHOICE: BEST SUSTAINABILITY INITIATIVE

Al Ain Farms

For a company that was established 40 years ago, Al Ain Farms have always been a forward-thinking company. Today they are the largest dairy company in the country, running four farms under



their brand - each concerned with providing healthy food products to nourish families in the UAE. These include Dairy Business; Fresh Juice; the Camel Milk production, and their Poultry Business, which produces fresh chicken and eggs. This means that they have been feeding families for two generations with some of the core food staples we take for granted.

The farms maintain best-in-class animal care and welfare standards for its family of cows; and all milk is naturally produced from happy cows, without any antibiotics or added hormones. Al Ain Farms work to ethical and sustainable practices, and therefore help to look after our children's environment and future.

EDITOR'S CHOICE: INNOVATION AWARD

Philips Avent

The origins of the Philips Avent range of bottles and teats started in a rubber business nearly 100 years ago! Fast forward to almost 60 years later, in 1984, and a pair of new parents were deciding how best to feed their new baby from a bottle - and that discussion eventually resulted in a huge innovation in how baby bottles and the rubber teats were designed.

Even though the brand and their logo is familiar to most parents, Philips Avent has quietly been helping babies to intake their nutrition for three generations now - hence recognising their contribution with this Innovation Award.



•PARENTING•



This month's parenting section aims to support you in times of stress. We also look at the emotions of teenagers.



COPING WITH PARENTING STRESSES

*Parenting is one of life's most rewarding and also most challenging experiences.
Let's look at ways to manage when you feel overwhelmed.*





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

Parenting is tough work! It can be exhausting and demanding. Having a child is a rollercoaster and it's normal to experience moments where you feel overwhelmed. From the moment your little one is born, you are always 'on', responsible for figuring out the many challenges that come with each new stage in their growing up. Don't worry if you find it hard at times - you are not alone in struggling to cope with parenting stress!

However, it's important to manage any negative feelings like anger and frustration so that you enjoy your role as parent and maintain a safe, positive environment for your child.

WHAT DOES PARENTING STRESS LOOK LIKE?

Here are some common ways stress can appear for parents:

- Trouble sleeping
- Feeling overwhelmed by the demands of parenting
- Feeling irritable, losing patience more frequently
- Inability to stop worrying about your children
- Feeling guilt or fear over not doing enough or the right thing
- Doubt over your abilities as a parent
- Feeling distressed over a lack of resources to cope

COVID-19 AND PARENTING

COVID-19 has presented parents with a new level of challenge. Over the past couple of years, we have all had to adjust to the uncertainty of a pandemic and the isolation that comes with it.

It goes without saying that the worry around keeping your family physically safe through COVID-19 has put a huge strain on parents. However, parents have also needed to navigate homeschooling or online learning which has been difficult for kids to engage with. Also, some families have had to take on this challenge while juggling full-time jobs, perhaps working from home too! Parenting through a pandemic has raised stress levels for almost everyone, so make sure to bear this in mind when reflecting on your own feelings!

HOW TO COPE WITH PARENTING STRESS

Acknowledge your feelings

It can be very helpful to actually acknowledge how you feel. When we become caught up by stress, it's easy to forget that we aren't feeling like our usual selves. There is always something keeping a parent busy - so you may not recognise your own feelings or that perhaps you need some help. Many times, parents ignore the building pressure and throw themselves

into daily chores and things to do, but putting it to the back of your mind will only increase your stress levels. Once you give yourself permission to acknowledge it, there is a greater chance that you will prioritise taking the right steps to reduce your stress rather than let it dictate your emotions and reactions.

Have a plan

Stress amplifies our reactions to the smallest of mishaps or frustrations. This hypersensitivity easily paves the way to feeling fully overwhelmed, so it's important to have a plan for when you feel this way. Once you have acknowledged your stress, enact this plan to de-escalate the pressure you feel.

Some short-term suggestions include:

- If possible, leave the room for a minute
- Go outside for some air or for a walk
- Take a number of slow, deep breaths
- Be aware of your body language - try to adjust it so that you are more relaxed
- Put on some soothing music - classical or jazz can be very calming
- Make yourself a comforting warm drink
- Have a hot shower

Take care of yourself

Becoming a parent changes your priorities completely, leaving you with far less time to yourself than you once had. However, it's good to take care of your own needs and feelings and look after your health and mental well-being. No matter how loving and selfless you are, it's impossible to sustain giving to children if you aren't getting enough emotional nourishment yourself. You can't pour from an empty cup - you can only give as much as you have within yourself. If you struggle with feeling guilty for putting yourself first for once, remember that self-care will only have a positive impact on your capacity to give to your kids.

Don't be afraid to ask your partner, family or friends for their help. If they agree to watch the children for a while, you can take some much needed 'me' time. It may not always be possible to find large pockets of time but begin by making it an essential part of your weekly or fortnightly routine. This could be anything you like,

from reading in a quiet room, to meeting a friend for coffee, getting a beauty treatment or anything else that makes you feel good! When you take time to relax and recharge, it will improve your patience and behaviour as a parent.

Other ways to relieve pressure

Some other ideas that can have a positive impact on your ability to cope as a parent in the long term include:

- Stress management practices like yoga, meditation or regular exercise
- Making time to maintain your relationship with your partner
- Learning about child development, so that you can better understand and anticipate your child's behaviour
- Working on any underlying problems, such as financial stresses, marital difficulties or work pressures, that may be affecting your relationship with your child
- Talking to supportive family members, friends or counsellors
- Joining a parent group that has the same philosophy and values as you do
- Seeking out like-minded people who will encourage you and build your confidence as a person and parent

Have fun

There are a million and one things to think about as a parent! It can be so easy to get carried away with everything you have to do and forget to actually have some fun with your children. It can be so rewarding to take a few minutes and play together - pulling silly faces, making jokes or even dancing to your favourite music together. Sometimes it can do your relationship with your child the world of good to let tasks take a back seat and just be present and enjoy the moment together, having fun.

Stay positive

Some days are especially tough and testing as a parent. Perhaps your child is having a tantrum, the laundry is piling up and the kitchen is messy or you just feel particularly worn out. It's on these days that overwhelm takes hold. Parents are not superhuman and can feel tired, sick,

stressed or angry, like everyone else. The thing is, children also feel these things and often 'act out' their feelings through behaviours. When parents are under pressure themselves, it's harder to take a moment to work out what your child is trying to tell you. Parents may react to the behaviour instead and feel guilty afterwards. However, it's on these days that it's helpful to focus on all the things you've done right. Perhaps you are an amazing cook for your child, or, if they are little, maybe you enthusiastically read them a bedtime story each night. It could be that you always make sure to end the day with a hug goodnight, or, you might be an excellent advice giver. Whatever you do well, remind yourself of it when you feel overwhelmed because ultimately, you deserve to remember that you're doing a great job!

Parenting has its fair share of challenges and difficult days. It's reassuring to know that kids are very adaptive and you don't need to exhaust yourself, attempting to create a perfect environment for them all the time. A small amount of stress or change can actually help make children more resilient. However, when you notice stress impacting your parenting and the home atmosphere, don't be afraid to ask for support or enact your plan. Nobody is perfect and we all need a helping hand through the more challenging days!



INSIDE THE MIND OF A TEENAGER

When your child hits teenagehood, they go through lots of different physical, social, emotional and brain changes. How can you be there for your child through these?



During puberty, children's bodies, emotions and concepts of themselves evolve and shift. There's rarely any need for concern if your child experiences some of these changes ahead or behind their friends and peers. The main thing is to make sure your child feels secure and supported by you.

PHYSICAL CHANGES

Puberty is the stage where your child goes through a series of significant, natural and healthy changes. It begins when shifts in your child's brain trigger hormones to be released into their bodies. These cause significant physical changes that will transform and mature them from a child into an adult, over time.

The onset of puberty usually happens around 10-11 years for girls and around 11-12 years

for boys. However, it's perfectly normal for the beginning of puberty to range from 8-13 years in girls and 9-14 years in boys.

If you have worries about your child and puberty, or about any other aspect of your child's development during adolescence, don't be hesitant to talk with your doctor. They will be able to reassure you or refer you for help if there is any issue.

EMOTIONAL CHANGES

Pre-teens and teenagers are renowned for feeling strong and often overwhelming emotions. Unfortunately, these feelings can often be negative - like embarrassment, shame and self-consciousness. Although they may have the language to name these emotions,

during the turbulent teenage years, your child might still struggle to recognise these emotions when upset.

Additionally, due to the way the teenage brain develops through adolescence, pre-teens and teenagers don't always have the skills to communicate and process their feelings in a mature way. As a parent, always try to be mindful of the fact that your teenager still needs your guidance and help understanding and managing emotions.

SOCIAL CHANGES & IDENTITY

Figuring out your own identity can be a tricky job for anyone, but never more so than during the teenage years. Young people have to work out who they are and how they fit into the world. Along the way, teenagers might try out new or different fashion styles, music, art, friends, hobbies and so on. It's normal for them to push their childhood boundaries and try to establish greater independence and responsibility. It is a delicate and important task to help your child develop their sense of self by encouraging their interests and supporting new efforts with acceptance and respect.

FAMILY AS A SAFE SPACE

During adolescence, your family should be a safe and steady emotional base where your child feels loved and seen, regardless of what else is going on in the rest of their life. You can strengthen your child's confidence, self-belief, positivity and sense of identity by making sure they feel secure at home. Show love regularly and spend dedicated time together, talking openly. Solid family relationships and good communication will anchor your child!

Teenagehood is a challenging time but your support and understanding can smooth the path for your child as they mature into a well-adjusted, thoughtful and kind adult.



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RAISING EMOTIONALLY INTELLIGENT KIDS

There is a lot of messaging aimed at parents around the importance of fostering academic intelligence in your kids. However, that is not the only kind of intelligence that matters.

Emotional intelligence (EQ) refers to how well we express, process and control our own emotions, and how well we understand, interpret, and respond to the emotions of others. It's a skillset that kids can begin learning at any age and will deeply improve their success and wellbeing.

HOW DOES EMOTIONAL INTELLIGENCE BENEFIT KIDS?

Studies indicate that emotional intelligence brings a variety of benefits to your child which advantage them throughout their entire life. Here are just a few of the ways emotional intelligence can be helpful:

Higher academic performance

Children with stronger levels of emotional intelligence tend to perform better on standardised tests and have higher grades.

Better relationships

The wisdom, empathy and skills that are associated with EQ help kids manage conflict and develop deeper friendships. Adults with high levels of emotional intelligence also report better relationships, both personally and at work.

Success during adulthood

Long term studies have shown that a child's social and emotional skills in the first couple of school years may predict their lifelong success. Children who can share, cooperate and follow directions at age 5 appear to be more likely to gain college degrees and begin working full-time jobs by their mid twenties.

Better mental health

People with a strong level of emotional intelligence are less likely to experience depression and other mental illnesses.

When we look at the overall picture, the benefits of emotional intelligence make sense. A child who can calm themselves when they feel angry or upset, has better skills to cope in tough circumstances. Equally, when a kid can express their emotions in a healthy way, they are more likely to maintain healthier relationships than a child who screams or reacts by saying mean things when they're angry.

The good news is, everyone has the capacity to learn emotional intelligence skills. Children simply need adults to show them how.

HOW TO FOSTER EMOTIONAL INTELLIGENCE

Name emotions

Kids need to know how to recognise what they feel. You can help them by naming the emotion you think your child is experiencing.

Try phrases such as "it seems like you feel angry right now. Is that right?" or "are you feeling disappointed that we aren't going to the playground today?"

Emotional words such as annoyed, hurt, sad or frustrated will grow a vocabulary to express feelings. Be sure to share words for positive feelings too, such as happy, excited, amazed and hopeful.

Show empathy

It's easy to minimise your child's upset, especially if they're being a tad dramatic! But dismissive comments can teach your child that the way they feel is wrong.

A healthier approach is to validate their feelings even if you don't understand why they're frustrated. Let's say your child isn't allowed to go outside and play until their playroom is tidy and they get worked up. Here, you could say "I feel upset when I don't get to do what I want too. It's tough sometimes to keep working when I don't want to."

By showing your child that you understand how they're feeling on the inside, they'll feel less need to express feelings through tears and shouting.

Be a positive role model

The best way to teach your child how to express feelings is by demonstrating these skills in your own behaviour. Use emotional words in normal conversation with your child, with sentences such as "I feel happy when we have our family movie night" or "I feel disappointed when the chores aren't done."

Teach coping techniques

Knowing how to deal with complicated feelings will set your child up for success in life. Being able to self-soothe, manage anger or look at fears is invaluable.

Get your child to take a few deep breaths when angry. Engage them with the idea of calming activities when they're upset, like listening to gentle music, taking a bath, or anything that makes them feel settled. Colouring books can be a great way to deal



with stress, for all ages (including adults!). Having techniques to address different feelings gives your child tools to navigate regulating their own emotions. This will be a hugely beneficial skill in life.

Make it an ongoing goal

Much like nurturing IQ, there is always room for improvement when it comes to your kid's emotional intelligence. Their skills will be tested by the ups and downs of childhood and adolescence. As they mature, they will come across different challenges to their skills. It's a great idea to make skill-building a goal in your everyday life. This means finding as many ways as you can to discuss feelings.

This could be the emotions of various characters in books or movies. Discuss better ways problems could have been resolved or relations with other characters could have been improved. With older children, talk about issues on the news or real-life situations. Make these conversations regular and normal.

FINAL THOUGHTS

Use your child's mistakes as learning opportunities to grow - turn a negative into a positive. There will always be times when they act out in anger or they hurt someone's feelings. In these instances, take the time to talk about how they can do better in the future. With your ongoing encouragement, support and guidance, your child can develop the emotional intelligence and mental resilience they'll need to succeed in life.

•EDUCATION•



This month's education section is devoted to helping your child to achieve success during the run-up to exam time. Check out the tips for guiding your child through.





SUPPORTING YOUR CHILD'S EXAM SUCCESS

Many parents wonder how best to support their child studying for exams. Here are some simple tips to look after their wellbeing during this demanding time.

Sleep

Good quality sleep is a great help for learning and concentration. It boosts your child's ability to recall information and helps their concentration - two vital elements for success when it comes to exams and exam preparation. On the other hand, bad sleep or not enough sleep has a negative effect on stamina, focus, memory and behaviour, all of which impact your child's ability to do their best. Encourage your teenager to have a consistent bedtime routine that involves a dark room with electronic devices switched off.

Exercise

Exercise or movement will boost your teen's energy levels, clear their mind of any study related pressures and keep a handle on their stress. Getting blood flowing around the body can also relieve any aches or stiffness that result from sitting at a desk for long stints. Whether it's sport, exercise or simply a gentle stroll, try to ensure your child or teen keeps active during exams or periods of intense study.

Nutrition

Making sure your child has nutritious meals and snacks is a hugely helpful support. The right foods are energizing, help your child feel alert and give them the stamina they need. Equally, too many processed foods, high in fat, sugar and salt, can leave them feeling sluggish and unable to focus. A good diet contains lots of fresh fruit and vegetables, nuts and wholegrains, along with proteins like eggs, meat, legumes and fish. It's also important to drink plenty of water, as dehydration causes headaches, brain fog and tiredness which make it difficult to focus.

Digital sunset

Kids are not often in the habit of switching off from their phones and devices. Even though it can be challenging for them, turning off all electronic devices an hour before bedtime can have big rewards. This is sometimes dubbed a 'digital sunset' and includes loud music, mobile phones, computer screens and TV. It allows a period of time without the stimulation of screens, which is much better for relaxation and getting deep sleep.

Caffeine

Caffeine can make it harder to fall asleep and can disrupt sleep cycles or even cause insomnia. It also promotes energy crashes during the day. Try to get your kids to avoid caffeinated drinks in the afternoon or evening for these reasons.

Relaxation

It's helpful to persuade your child into making 'wind-down' time part of their evening, to provide a relaxing buffer between studying and sleep. Activities might include a hot shower, journalling, reading or listening to quiet music. Aside from mental rejuvenation and preparing their brain for sleep, it's a great way of allowing their brain to subconsciously process the information they have been looking at - known as diffuse thinking.

Armed with these tips, you should be able to really support your child through their study and exams, giving them the best chance of success!

INCREASING YOUR CHILD'S STAMINA FOR EXAMS

For many parents, having a child who is sitting the dreaded summer exams can be a difficult one to navigate. Here are some pointers on how to help keep up your child's energy levels during this draining time.



Similar to a marathon, exams are an endurance test of body and mind, where teenagers can often hit a 'wall' mid-way through. This is when things go from being a bit challenging to being really, really challenging. It is the exact point where their bodies and minds are simultaneously tested, the perfect intersection of fatigue and diminished brain functioning. How teenagers handle 'the exam wall' can make or break their performance, which is where your role as parent comes in.

KEEPING YOUR EXPECTATIONS IN CHECK!

Although they are the ones sitting the exams, you will understandably experience a huge amount of worry at this time. Nothing can stop you from feeling that sense of protectiveness over them. More than anything, you want them to be satisfied with their performance so they can progress on with their dreams and future lives.

This may well be one of the biggest moments in your child's life. For this reason it is crucial that you remain calm and keep your expectations out of it. Try not to nag or add pressure to an already stressful situation. You may think you are helping them but critical comments will not produce better results. Instead your child will be less likely to share their feelings with you. What they need now more than ever is your unconditional love and solidarity.

USEFUL STRESS

Exams are one of the many challenges life brings which can result in stress. 'Stress' is a state of mental tension resulting from demanding circumstances. Stress is built into our systems to protect us. Stress keeps us alert and helps us to react quickly to danger. Whilst we don't have to run away from predators anymore, a little stress can really help us to react to life's challenges and can be good in small amounts. Your child would not get stressed if the exams weren't important to them.

Known as 'optimal stress', this not too high or not too low level of stress helps to activate concentration and motivation throughout exams. New research tells us that it is our belief in stress being harmful which does the most damage. Parents should therefore encourage teenagers to embrace stress



rather than panic at the first sign of it. Hence, physical signs of stress could be welcomed as a message that their bodies are helping them to deal with the challenge ahead (i.e. 'Your heart is pounding ready to pump oxygen into your brain').

Your role is to recognise the difference between healthy levels of stress and anxiety. When stress gets out of hand it becomes anxiety. Anxiety is characterised by more persistent worries and physical signs which really interfere with daily life. If the pressure feels bigger than their ability to cope, encourage your child to lean on you for emotional and practical support. They could also talk to a teacher or school counsellor, or access age-appropriate services. It is better to seek help early rather than struggle on.

BOOSTING THEIR ENERGY LEVELS

Late nights, bad stress, missed meals and poor sleep will play havoc with brain power. Like training for any other game, for the marathon that is the exams, kids should be stocking up on special food and drinks to build up the power of their brains. Eating well is good for their mental as well as physical health. In the absence of being able to help your child with study, this is where your role can really come into its own.

Whilst the natural temptation is to reach for something sweet for immediate energy, the temporary high from a sugar-fix will invariably be followed by crashing blood sugar levels causing a nosedive in concentration, mood and fatigue. To keep their

brains happy, stock up on nutritious brain foods (see pages 18 & 37). Have healthy snacks on hand. Get a good fish oil supplement and Vitamin B complex.

PACE & ROUTINE

You can help to take the sting out of 'the wall' midway through the exams by focusing on your child's pace and by following a routine. Whilst young teenagers can be very determined in trying to manage independently, you can set the optimal conditions in which they can thrive:

Getting enough sleep

Today's students are studying longer, spending more time on

social media and sleeping less. Sleep is as important to learning as exercise is to building physical stamina. If they want to maximise their time learning they must sleep at least 6 hours the night before an exam. This will allow at least some amount of REM sleep, which occurs later in the night and helps consolidate memories of what they studied and learned that day. 'All-nighters' will have a detrimental impact on performance!

Fitting in exercise

Taking breaks from studying to exercise is vital as it boosts energy, clears their minds, reduces feelings of bad stress and enriches sleep quality. Encourage them to take 30 minutes of exercise a day ('I think you could use a break'; 'You always feel better after a walk'). Have a healthy snack waiting for them on their return.

Get the balance right

Ensure they get a proper balance between study and rest. They will need time to rest and recharge after an exam. Encourage them to plan rewards for their hard work, like doing

something they really enjoy which makes them feel special. Time catching up with friends can be a great stress buster!

Relaxation and breathing

If they are prone to panicking during an exam, encourage them to practice simple relaxation techniques at home by closing their eyes and taking several long, slow deep breaths. Mentally repeat 'When I am calm, my mind will do what I need it to do'.

ACKNOWLEDGE THE STORY OF THE EXAM AND MOVE ON

If your teenager seems unhappy about an exam, it is important to meet them where they are at by acknowledging and reflecting their feelings back to them (e.g. 'I notice you aren't so happy with your exam today, how did you feel it went?') Open up conversations on a walk or in the car as teenagers prefer shoulder-to-shoulder chats where they don't feel too exposed. They may not want to share how they feel immediately so don't push them to share.

At least you have opened up the conversation and let them know that you are there for them. Once you have acknowledged and talked through your teenager's feelings, encourage them to 'close the book' on that exam and to focus on the next one.

VISUALISING SUCCESS

Perspective is something you have which your child is unlikely to have right now. Remind them that this will be over in a short few weeks and to try to hang in there. Having a positive attitude accounts for at least a third of their success on an exam, so transforming a negative or fearful attitude into a more positive one is crucial. This is where visualisation comes in. Encourage them to visualise the process of taking an exam successfully. 'I can be anxious later, now is the time to take the exam'; 'I am ready to rise up to meet this challenge.'

Finally, let your child know that you are proud of them no matter what. You mean everything to them, so continual words of encouragement will go such a long way.



GOOD LIVING •



Editor's Picks for
kids and mums'
fashion; decorative
homewares; and
of course our
competitions this
month!



EDITOR'S PICKS FOR MAY

Eid is a good example of a time when we like to dress well, enjoy new decorative touches at home and spread happy smiles to special people. So, sometimes I rely on inspiration to make happy choices and here are my 'inspired' picks for you and your home this month - Eid and beyond!

TAKE A TRIP TO HARRODS ONLINE

The history of Harrods extends back to London in the year 1824 - and fast forward almost 100 years, it is affectionately known as “the top people’s store.” Any gift with the signature Harrods wrapping is exciting before you even open the package. So, if you are looking for a special gift this month, you’ll be spoiled for choice at Harrods online. Here are my top picks for the month, together with guide prices (you might find the prices vary by a few dirham, depending on where the products are being shipped from!)

BOND NO.9,
Dubai Indigo
EDP 100ml,
AED 2,371.16



BONASTRE,
Leather Ring
Cross Body
Bag, Exclusive,
AED 3,263.17



DIOR, Rouge
Dior Deluxe
Collection,
Exclusive,
AED 700.94



LA MER,
The Luxe
Lip Moisture
Collection,
Limited Edition,
AED 759.90



HARRODS,
Cocoa
Dusted
Almonds,
AED 103.19



EDITOR'S HOMEWARE PICKS

Having moved recently, I'm aware of keeping an eye on the budget when it comes to homewares! For this reason, here are my picks for some lovely touches for home this month - and it's great to know that you can get all these products under one roof, in ACE!

By Ella Ryan.



Price Scented
Glass Jar
Candle (200g,
Lime & Basil)
AED 14



Orchid Oil
Reed Diffuser
(50ml, Ocean,
3 Pieces)
AED 22



Kansas Wooden
Corner TV Unit
with Baskets (85 x
50 x 48 cm, small)
AED 179



Form Mixxit
Cardboard
Polyester Striped
Storage Box (310
x 310 mm)
AED 15



Cosmoplast
Metal Wood
Work Bench with
Wheels (183 cm)
AED 2,299

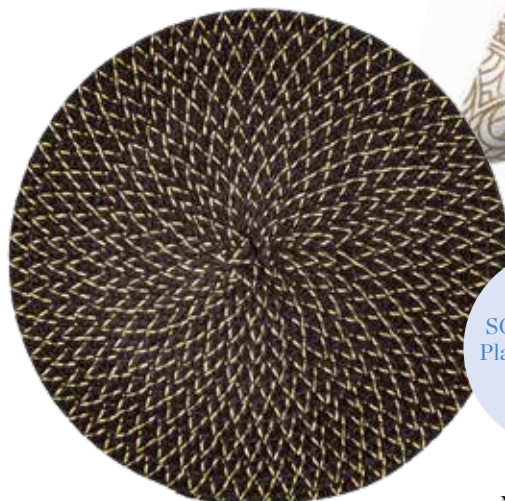


Form Mixxit
Seagrass Water
Hyacinth Storage
Basket (310 x
310mm)
AED 59

Living Space
Canvas Cotton
Embroidered
Pouf Cushion
(51 x 38 cm)
AED 99



MDF-Backed
Framed Mirror
(70 x 190 cm)
AED 349



SG Plastic Table
Placemat (38 cm)
AED 6



Living Space Digital
Printed Cushion
(45 x 45 cm)
AED 14

SUMMER FASHION

Time to change up the wardrobe! Whether this means getting a sophisticated new work outfit, something for a special occasion, or treating the kids to a summer look, here are Ella Ryan's picks for May.



TROPICAL TOPICS BY MANGO KIDS

Delving into little quirkiness, MANGO unveils its latest line, Tropical Topics, introducing the perfect summer fits for kids. Featuring classic gingham prints, fun graphics, lightweight and breathable silhouettes in a playful spectrum of colours, the line showcases outfits for both boys and girls from ages 0-14 years. Donning adorable denim overalls and matching co-ord fits, ensures your kids are holiday-ready with this edit!

SOPHISTICATION & AMAZING VALUE AT STYLI

If you want a sophisticated look with amazing value, Styli's latest collection encompasses it all, from laid back daywear to elegant and sophisticated evening wear. The collection features free flowing abayas in waterfall silhouettes and asymmetrical cuts that can be styled in both modern and modest ways. You have the flexibility to style in various ways, depending on where you are headed. If work and running errands is on your agenda, then pair your kaftan with denims and a top underneath for a casual day look or accessorise your maxi dress with an embellished belt for a special occasion.

Discover the exclusive seasonal edit on the Styli website:
<https://bit.ly/3MAVnIy>



COMPETITIONS

motherbabychild.com/competitions

WIN! A VOUCHER TO SHOP AT BABYSHOP, WORTH AED 500



Babyshop, the Middle East's premier store for stylish kids and savvy parents, offers an array of 'best in market' prices across all categories of products with a wide range of essential items. At Babyshop, you can find everything you need for your little ones, with the brand packing the ultimate punch when it comes to design, quality and practicality - all wrapped up in a beautifully affordable price tag. With a network of over 230 stores across 14 countries, Babyshop is a leading retailer in the world of all things Baby & Children in both the UAE and the region. Babyshop also offers online shopping in select markets such as Saudi Arabia, the UAE, Kuwait and Bahrain. One lucky winner will receive a voucher worth AED 500 to shop their favourite goods at Babyshop! Enter today for your chance to win!

WIN! A DINE-IN EXPERIENCE AT LA FABBRICA ITALIANA, WORTH AED 500

La Fabbrica Italiana, the UAE's very first and only Focacceria, is an ultimate destination for authentic Italian cuisine. The restaurant specialises in only three menu items, with one being La Fabbrica Italiana's re-creation of a 2,000-year-old focaccia recipe, where a 72-hour fermented sourdough is topped with ingredients such as Truffle and Bresaola. The second is a creamy Burrata with a buttery texture and crisp white appearance; and last but not least is a speciality item, the Original Tiramisu. Created by the family's Aunt Speranza Bon and passed down over generations, this dessert is the exact replica of the original that was first served in 1958 to a passing Greek Princess in the Italian city of Treviso. One lucky winner will get the chance to experience all that La Fabbrica Italiana has to offer, so be sure to enter today!



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 VOUCHER FOR HASSLE-FREE LAUNDRY WITH WASHMEN, WORTH AED 500

Washmen is a mobile-based laundry and dry-cleaning service in the UAE, that provides impeccable laundry services right at your doorstep whenever you need it. All you need to do to take care of your laundry in a hassle-free way, is simply tap on the user-friendly Washmen app and let Washmen come to collect your laundry, and deliver it back fresh as a daisy! The brand offers services in locations across Dubai, including Downtown, Business Bay, DIFC, Jumeirah, Marina, JBR, JLT, The Greens, Emirates Hills, Springs and Meadows, Arabian Ranches, JVC and JVT, Arjaan, Sports City, Motor City, DIP, Discovery Gardens, Mirdif, Umm Suqeim, Bur Dubai; as well as Abu Dhabi. One winner will receive an e-voucher to use on any of Washmen's services. Give yourself a break and allow Washmen to take the hassle out of your laundry - enter today!



WIN! A GREAT DUO OF BEAUTY PRODUCTS FROM SKIN GYM, WORTH OVER AED 460

Three lucky winners this month will each receive a Beauty Lifter Vibrating T-Bar and a Jade Vibrating Lift & Contour Beauty Roller from Skin Gym. Used by many A-list celebrities, Skin Gym is an innovative beauty brand offering non-invasive, smart beauty tools for daily skincare rituals. Available at Sephora stores across the Middle East, this LA-based beauty brand draws on ancient beauty techniques to provide quick, effective, natural face-lift solutions with instant results. Mimicking the effects of a professional massage, these tools are designed with sonic vibrational technology for good vibrations and glowing skin - perfect for those pesky under-eye bags, toning your jawline or sculpting, defining and relaxing the face.



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 BODY-CONTOURING PACKAGE AT BODYSMART STUDIOS DUBAI, WORTH OVER AED 2,500



The BodySmart group offers premium, bespoke aesthetics and wellness experiences, where you can find a variety of treatments and services at their Clinic and Studios to help you look and feel the very best version of yourself. The sophisticated BodySmart Clinic in Dubai's La Mer offers state-of-the-art surgical and non-surgical aesthetic treatments. The BodySmart Studios are perfect for men and women looking for targeted fat loss, skin firming and non-invasive body-contouring solutions. The HYPOXI & LPG treatments specifically, operate with cutting-edge technology to reduce stubborn fat and cellulite deposits and refine skin texture. One lucky reader will win a HYPOXI & LPG Combo package, to be used at BodySmart Studios across Dubai...so you know what to do!

WIN! AN ALL-INCLUSIVE STAY AT CENTARA MIRAGE BEACH RESORT DUBAI, WORTH AED 1,000



Centara Mirage Beach Resort Dubai is a themed destination resort, located on the Deira Islands waterfront and inspired by mythical Thai and Arabian adventures. Designed with family fun in mind, the lush property features water attractions such as a beachfront swimming pool; a lazy river; a kids' fun water play area; waterslides and cliff jumping points! The resort has 607 expansive rooms and suites, offering a choice of stunning city or sea views and an option for bunk beds. You'll also find three age-specific kids' clubs, a candy-themed kids' spa, an outdoor playground, a fully-equipped fitness centre, a family-friendly lounge and numerous different dining venues that will suit all tastes. Enter today for a chance to win a one-night stay for two adults and two children, inclusive of food, beverages and a spa treatment for the entire family.

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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A photograph of three children, two girls and one boy, posing together. The girl on the left wears glasses and a green t-shirt with a fish pattern. The boy in the middle wears a blue t-shirt with a fish pattern. The girl on the right wears a pink t-shirt with a fish pattern. They are all smiling and looking towards the camera. The background is a solid light brown color.

SPLASH TIME!

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