

ISSUE 132 | JUNE 2022 | DHS15

# Mother Baby & Child

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AFFECTS YOUR  
CHILD'S SUCCESS!**

**THE SUMMER  
CAMP EXPERIENCE**

**FATHERS'  
DAY PICKS**

**FAMILY WELLBEING  
COMPETITIONS!**

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# EDITOR'S LETTER



## Hello Mum!

We're nearing the end of the school year and every mum knows how their individual child feels about that! For many kids, exam season brings out anxiety and other children can't wait to see the back of their school! It's a time to assess how school has gone and whether your child is really getting exactly what they need from their education.

With this in mind, I was very interested to talk with John Bell, the Principal and visionary behind the new Bloom World Academy school that is opening its doors in September for children aged 3-18 - the formative years of a child's education.

Principal John Bell and I had a fascinating and detailed chat about the research looking at the links between a parent's involvement with their child's school and the level of success and confidence this gives to the child. The upshot is that I devoted the entire Education Section (page 38) this month to the information that came out of that chat because I believe it will be of interest to all parents of kids going to school in Dubai.

With the start of the summer holidays looming, family life is going to change pace! I've included a reminder article looking at healthy breakfast options for kids (page 16) that will help give them a nutritious boost of vitamins and minerals, regardless of whether they are spending time at home, or going out and about this month. If you're a working parent juggling the logistics of school summer holidays and your working life, I've included an article on page 22 on the benefits to kids of attending summer camps.

Choosing the right summer camp can be amazingly beneficial for a child's development and acquisition of life skills, as well as helping them to handle themselves socially and build their self-confidence. I guess the opposite of confidence is fear. This month we look at the topic of fear on page 27, what makes a child scared and how to handle different kinds of fear. It's a useful read for getting into the mindset of young children.

Father's Day is on June 21st! I always feel a little guilty for neglecting the role of dads in Mother Baby & Child, but hopefully we can make it up to you this month with our Father's Day gift ideas on page 46. It's true that men and women have differences in the way they operate emotionally, but regardless of how things are, nothing is more heart-melting than being told 'thank you, we appreciate everything you do' - so I hope you'll get inspired by these pages!

As usual, I'm not going to spill all the beans here and hope you'll enjoy discovering this edition for yourself, including 3 pages of cool competitions this month!

Happy reading!

Kay

Editor

Mother, Baby & Child Magazine

# EDITOR'S —PICK—

## CHILLIN' IN THE POOL AT HOME THIS SUMMER!

You know how most kids are around water and swimming pools! So I'm happy I found a great range of splash pools for kids at ACE and can just imagine a summer of "Mum.... can I go into the pool now?!"

If you're staying home this summer you'll find a wide selection of pools at ACE, including this one from world-renowned brand Bestway. The splash pools for kids usually start at AED 599, but this one is on sale at the moment and a real bargain at AED 375. I really appreciate that this splash pool has a built-in shade to help keep kids cooler and offer some protection from the sun, as well as having a fun vibe about the design.

If you want to step things up a gear, ACE also has above-ground pools that can fit the whole family and this particular brand, Bestway, even has a 'Beach Bounce Water Park' (AED 1,799) to turn your lawn into your own person fun splash zone, with built-in blowers and mesh walls so that kids can bounce, slide and play games all day long.

And you, mum? ACE's range also includes comfy air jet jacuzzis and spas for home to give you a holiday vibe at home. Imagine nipping into the garden for a cool drink on a warm night, relaxing in your jacuzzi? Every mama deserves that!

*If you want to check out what works best for your space, dive into your nearest ACE's store or check out the options online at [www.aceuae.com](http://www.aceuae.com)*



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# ZIPPY WINS GOLD!

For the 2nd year in a row  
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## EDITOR'S PICK

### THE GIFT OF TIME FOR WATCH ENTHUSIASTS ON FATHERS' DAY!

I was asked this month what I think the perfect Fathers' Day (on 21st June) gift would be. I still don't know, but I do know that if you want to give a thoughtful present, it's hard to beat a special watch! Why? Because you're giving someone the gift of time; they're designed to be worn and enjoyed everyday; and they will think of you whenever they wear and look at it.

I chose the BR 03-92 Radiocompass from the iconic Flight Instruments collection from Bell & Ross for this Editor's Pick. It takes its name from a radio-navigation tool and has just been launched as a limited edition of just 999 pieces made, making it a rare and special gift for any watch enthusiast.

Avant-garde and fun, with the iconic look and feel of an aircraft control panel, it will appeal to men who appreciate good design. The technical-looking style and design will also appeal to guys who like action and who will appreciate the idea of wearing a watch reminiscent of an aircraft instrument that has pops of colour that give the watch a cool, slick, masculine, stylish and quirky personality. Sound like anyone you know?!

*Check out [www.bellross.com](http://www.bellross.com) for your nearest stockist.*



# PREPARING FOR PARENTHOOD

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# THINGS • TO DO •



This month we're recommending a gorgeous seafood feast; a special-occasion Indian menu; some spa pampering for you; and an overnight stay in the rainforests of...DIFC!



## PARENTHOOD CLASSES FOR MUMS-TO-BE

FUH Life is a free-to-attend parenthood programme to support expectant parents. Spread across a cycle of 4 weeks, this programme assists parents-to-be to prepare themselves for birth and everything that follows immediately after birth.

The topics of discussion include preparing for labour and birth, breastfeeding, what to expect immediately after birth, sleeping, tips to be prepared during an emergency and much more.

The FUH Life sessions are held every Saturday addressing a different topic each week, hosted by the expert team of midwives at Fakeeh University Hospital. The programme sessions are free and open to all expectant parents.

### Social sessions for mums & babies

To support mums further, Fakeeh University Hospital hosts the 'FUH Life Café', a free-to-attend session for new mothers with children younger than 1 year of age (open for everyone and not limited to those consulting with us), held once a month on every third Wednesday. The idea is to host a meet 'n' greet for moms and to create a social platform to exchange and share your experiences and baby care tips with each other.

The June FUH Life Café FUH Life Café will be held on Wednesday, 15th June 2022 at the Pavilion Café at Fakeeh University Hospital from 10am-12pm. The topic of discussion will be Summer Safety in UAE.

*For further information, email [FUHLife@Fakeeh.care](mailto:FUHLife@Fakeeh.care) see the website: <https://bit.ly/3xzxYCE>*



## ‘SUMMER FLAVOURS’ SET MENU AT KHYBER

Discover this season's mouth-watering set menu at the award-winning north Indian restaurant, Khyber, at Dukes the Palm. If your friends and family enjoy Indian food, you can indulge in the culinary journey of traditional flavours on offer, discovering regional delicacies from across India in this curated selection of tasty summer flavours.

Start with foodie favourites like Keema Seekh Kebab, Chicken Amritsari or Makai Ki Tikki, before choosing from a plethora of main dishes, such as Khyber Butter Chicken, Mutton Roghan Josh, Palak Paneer, and more. Afterwards, keep things sweet with some refreshing Matka Kulfi and Gulab Jamun to finish!

Enjoy the atmosphere of the classic Mughal era aesthetic as you eat - terracotta archways, ornate tapestries and warm tones - and don't forget to sit back and take in the magical 180-degree view of the Dubai Marina.

- **Punjabi Tadka Menu:** AED 120 per person, with a choice of pre-plated starters, one traditional curry, served with rice or bread and dessert.
- **Khyber Summer Menu:** AED 150 per person, with a three-course menu including a starter, unlimited main course and dessert.
- **Chef's Signature Menu:** AED 200 per person, inclusive of an amuse-bouche, a starter, unlimited main course and dessert.

*Available daily, all summer between 5pm and 11pm.*



## RAINFOREST CAMPING EXPERIENCE AT THE GREEN PLANET

Dubai's only indoor rainforest is offering an amazing opportunity to spend the night in their tropical biodome. If you've ever wanted to fall asleep under the stars listening to the sounds and songs of exotic birds, now is your chance, with the return of The Green Planet's 'Camping at The Rainforest' experience.

The perfect activity for little explorers and nature-loving adults alike, it is now officially open as part of The Green Planet's mission to teach us about the ever-growing number of animal and plant species. You can pre-book your family's spaces for Fridays and Saturdays until 27th August, to enjoy the rainforest in all its glory - for the whole night! Dinner, breakfast, tent and bedding, movie and marshmallow roasting all included!

**Location:** The Green Planet, City Walk

**Duration:** 7pm - 7am

**Dates:** Friday and Saturday, until 27th August

**Price:** AED 700 for 2 people

*For booking, visit: [www.thegreenplanetdubai.com/en](http://www.thegreenplanetdubai.com/en)*



## LUXURIOUS SUMMER TREATMENTS AT COYA SPA & SALON

Treat yourself to some extra self-care this summer with one of Coya Spa & Salon's signature detox treatments - a pampering session for the mind, body, and soul! If you want that gorgeous summer glow or simply to get rid of any puffiness and water retention, these special detox treatments are for you.

Step into a world of Amazonian-themed luxury and let your therapist expertly help you de-stress, rejuvenate and revitalise your body and mind!

The summer body and face detox treatments available at Coya Spa & Salon this month include:

### Lean, Mean, Body Machine

This unique treatment combines a relaxing lymphatic drainage massage with the powerful infrared effects of Iyashi Dôme. Eliminate over a litre of water and toxins from your body while giving your metabolism and blood circulation a powerful boost. Price: AED 450 for 90 minutes

### Body Bloat Treatment

Drawing upon ancient techniques, this powerful detox massage uses juniper and lemon essential oils to aid lymphatic drainage and the elimination of toxins from your body, leaving you feeling light and beautiful. Price: AED 350 for 60 minutes

### Teami Detox Facial

Reveal your skin's natural radiance with the Teami Green Tea Detox Facial. This treatment, which includes a skillful blackhead



extraction, will get rid of any impurities, while replenishing your skin with superfood antioxidants. Experience the powerful yet gentle ability of this deeply-cleansing Detox Facial

for yourself and walk away with glowing skin that feels purified and renewed. Perfect for all skin types in need of a deep cleanse! Price: AED 450 for 60 minutes

### Body Bliss Package

If you're on the hunt for the perfect self-care experience, look no further! The Body Bliss Package combines the best-selling soothing Lavender Body Scrub, followed by a relaxing 60-minute body massage and finally, an express facial treatment, to give you a beautiful summer glow for the months ahead! Price: AED 550

**For bookings or enquiries call Coya Spa & Salon on +971 4 601 5555**



## ALL YOU CAN EAT SEAFOOD DAY AT BLUE

To mark the change in season, Blue - Seafood Asia will be holding an all-you-can-eat seafood day every Wednesday and Sunday, in the Burj Daman, DIFC.

Enjoy this restaurant's relaxed ambience, delicious Asian inspired flavours and sociable sharing-style menu, perfect for families or groups of friends! It includes a classic Som Tam Salad and Spiced Crispy Potato to begin, while Spicy Sardines, Fish with a choice of Green or Red Thai Curry sauce, and the chef's special, Blue Crab make up the main seafood platter, alongside generous helpings of rice and noodles. Guests also have the option of indulging in this feast while still being able to exclude shrimp.

**Location:** Burj Daman, DIFC

**When:** Every Wednesday and Sunday

**Time:** 12pm - 1am

**Price:** AED 150 without shrimp, or AED 190 with shrimp

**For bookings, call: +971 4 239 8032**



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# AWARD WINNERS' SHOWCASE

## Al Ain Farms: Winner of the 'Best Sustainability Initiative' Award



Founded in 1981 by the Father of the United Arab Emirates, the late Sheikh Zayed Bin Sultan Al Nahyan, Al Ain Farms was the first dairy company established in the Emirates; and has since grown to be one of the largest integrated locally based companies in the country.

Al Ain Farms is now an iconic UAE food company with a long-standing mission to enhance the lives of our growing and ever-changing local community.

Established over 40 years ago, the chances are that your parents were giving you Al Ain milk when you were growing up and you're already familiar with the brand. We know that many of the wonderful readers of Mother Baby & Child incorporate the nutritional benefits of our products into their daily lives, and it's our pleasure to be part of your family's health.

### SUPPORTING YOU WITH HEALTHY PRODUCTS

Al Ain Farms runs four farms and production centres under one brand:

- ✓ The dairy business
- ✓ The fresh juice business
- ✓ The camel milk production business
- ✓ The poultry business, producing fresh chicken and eggs.

We have been supporting families in the UAE for the last four decades in making healthy choices when it comes to freshness and daily nutrition.



The brand's purpose has always been to provide quality food products, as well as run a sustainable, ethical business that benefits all of our communities in the UAE.

### THANK YOU FOR YOUR SUPPORT

Al Ain Farms wishes to express its gratitude to every single one of the mothers who took the time to vote in the Mother Baby & Child Awards and MBC's support for us in our award for the Best Sustainability Initiative. With this trust and confidence in us comes a great responsibility to continue our journey towards innovation and enhancing the ways to provide even better products for our consumers.

Thank-you.

## •WELLBEING•



In this section we look at healthy breakfast ideas; common childhood ailments and how to treat them; and the benefits of summer camps.





# CHILDREN'S SUMMER SKIN RASHES

*As the weather gets hotter, it's important to know how to recognise, treat or even avoid the most common summer skin rashes in children so they can enjoy the sun in comfort!*

## HEAT RASHES

Now that summer is here, it's vital to take the right precautions to help your kids avoid unpleasant heat rashes. A combination of hot weather and high humidity are the ideal conditions for heat rashes to flourish.

Heat rashes are easily recognisable from the small, inflamed reddish-pink bumps that become visible on the surface of the skin in the affected area, sometimes accompanied by an itching, prickling sensation. To prevent the onset of heat rashes for your little one, be sure to keep them away from overly hot or humid environments, where possible.

Perhaps help them to dry off areas such as their neck, armpits, elbow creases and leg creases, all of which are heat rash hot spots. So stay cool, stay dry, and heat rashes shouldn't be a problem!

## POOL DERMATITIS

We are all going to be spending more time in pools, tubs and water parks over the next few months to cool off and keep everybody entertained. Unfortunately, due to the high chlorine content, pool dermatitis can be an issue. This occurs due to chemical sensitivity and will present as itchy red patches or bumps on the skin. Chlorine can also irritate any existing dermatitis.

For prevention, take the time to help your child shower before and after swimming and ensure that they change out of their swimsuit into dry clothes as soon as possible.

## ECZEMA

Traditionally, eczema worsens during the winter months but summer can also be a tricky time for those who suffer from this

condition. Affected skin will look dry, itchy and red. Flare ups can occur due to higher temperatures or levels of humidity, and the main problem areas are the back of the neck, elbow creases and behind the knees. Sweating may further the issue as the salts contained in sweat can be irritating to existing eczema sites. To prevent flare ups, it's important that your child stays cool, dry and moisturised.

## STINGS AND BITES

Bee and wasp stings can cause a small rash, swelling or welt. The best course of action is usually to use hydrocortisone cream or to take an antihistamine. However, some children are allergic to these stings and will need immediate medical treatment from a professional.

Similarly, insect bites can cause a small bump or rash. Insect repellent is an effective method for keeping them away, but if your child does get bitten by an insect, the application of a cold, damp cloth can reduce the inflammation and discomfort.

## ALLERGIES

The increase in pollen count and decrease in air quality during summer can lead to a spike in allergies which sometimes produces skin rashes. It's helpful to stay indoors as much as possible on days with particularly high pollen counts, to keep your child's allergies at bay.

Finally, be aware that not all skin rashes result from allergic reactions. Infections and bacteria thrive during the summer months and can cause rashes. If you are unsure or if your child's symptoms are persisting, contact a medical professional for advice.





# HEALTHY BREAKFAST IDEAS FOR KIDS

*From fussy eaters to the morning rush, we dive into the challenges of managing a healthy family breakfast, so your kids can be set up for a great day ahead!*

Breakfast can be a tricky meal to get right as a parent. The start of the day may have you under pressure, perhaps trying to get everyone up, get out the door to work or just juggle the daily demands of busy family life. Younger children are sometimes fussy about what food they're willing to have.

Older children and teens may prioritise getting their outfit right, doing their hair or generally getting ready for the day, using their morning for this instead of eating breakfast. There are also plenty of kids who simply don't feel that hungry when they wake up and this is a common struggle for

many parents. All these various factors can result in rushed breakfasts or skipping food altogether, setting children up for rumbling stomachs, irritability and poorer focus during the day.

## IMPORTANCE OF BREAKFAST

When we sleep, our bodies go into a fasted state. Children sleep more than adults, usually somewhere between 8 and 10 hours per night. On top of this, kids tend to have quicker metabolisms than grown ups, burning through calories and energy

reserves at a much faster rate as they develop mentally and physically. Essentially, this means it is extra important for children to fuel their brains and bodies and kick their systems into action by eating breakfast after such a long period without food.

## BENEFITS OF BREAKFAST

While it can be a challenge to get kids fueled in good time for school, childcare, or a full day of play, there are certainly many benefits! Research indicates that children who eat breakfast are more likely to stay



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physically active throughout the day, take part in play, sport, exercise and generally keep physically busy.

However the benefits don't necessarily stop here. Studies show us that eating breakfast may also positively impact kids' brain function, helping them with creative problem solving, focus and enhanced memory, alongside a significant boost to their mood and behaviour.

## TIPS FOR BREAKFAST SUCCESS

It's a big ask to make a nutritious breakfast happen each morning as you rush around ensuring the whole family is ready. These practical suggestions can help make the difference.

### Foods to include

Getting kids into the healthy habit of a good breakfast can build the foundations for eating right. A high quality breakfast is one that has a variety of food groups and provides

proper nutrients and energy for your child. This means meals that are made up of whole grains, fruit or vegetables and protein while also trying to keep sugar levels low.

Examples of foods in these categories

- ✓ **Whole grains:** oats, whole grain breads, whole grain cereals
- ✓ **Vegetables:** tomatoes, spinach, mushrooms
- ✓ **Fruits:** banana, berries, apples
- ✓ **Protein:** eggs, cheese, beans, nuts, fish, milk, meat

### Foods to avoid

Parenting is a tough job and when time is short, as it often can be in the mornings, it's understandable to want fast, packaged breakfast options to make things quick and easy for everyone but knowing what not to eat for breakfast is as relevant as knowing which foods to include.

If you have a very picky eater among your children, it can be even more tempting to reach for processed choices - and make

no mistake, it's right to encourage a child who is prone to skipping breakfast to have food, even if the food is not particularly nutrient-rich or high in calories. However, ideally, you want to combine convenience and nutrition.

While breakfast bars and pastries are handy, portable and kids enjoy them, these breakfast options are often processed and very high in sugar, containing little more nutrition than sweets or chocolate.

### Preparation is key!

While eating something for breakfast is much better than nothing at all, it is very valuable to try to schedule a few minutes into the evening or morning routines to prepare fast, reliable and healthy breakfasts for your little ones! Perhaps boil some eggs the evening before, ready to peel and go in the morning.

Another trick is to prepare or even cook oatmeal in advance and reheat it with a little milk before eating. It's always handy to wash and slice fruits like melon, berries, apples - anything your kids enjoy - to store in the



fridge to be served with yoghurt or curd, for an easy breakfast.

Whether you decide to bulk prepare items like eggs and oatmeal on a Sunday night for the week ahead or prepare just enough for the next day, putting in a few minutes in advance can really diffuse the pressure of breakfast for your family.

### Try a set menu

What to eat for breakfast can be a real point of difficulty for some families. Parents can end up arguing with kids, trying to persuade them into eating whatever has been put down in front of them.

Something that can make a big difference is developing a weekly breakfast menu together. This means having seven breakfast options that rotate on a daily basis. It could be fruit and curd on Mondays, oatmeal, dates and cinnamon on Tuesdays, eggs and toast on Wednesdays and so on. It removes the need for a conversation or disagreement over what to eat each day.

### Timing matters

Timing is everything in a busy household and mornings are no exception! Some parents find that everything flows more harmoniously at the start of the day when they are up, showered and done getting ready themselves before their children even wake up.

Another great option is to have a clock near the dining area and to teach each child what time they need to have finished eating by. This gives them a sense of independence and responsibility and allows them to figure out how much time they have left to eat each morning. Little timing tweaks like these can truly put an end to stressful, rushed breakfasts.

### HEALTHY BREAKFAST IDEAS

Here are some simple combinations of the three cornerstones of a good breakfast - whole grains, fruits or veggies and protein. Try these out and come up with more of your own, to build a bank of nutritious breakfasts that are also tasty and quick.

- ✓ Omelette with any veggies you like
- ✓ Chopped fruits and yoghurt or curd
- ✓ Granola, nuts, berries and milk or yoghurt
- ✓ Whole grain toast with nut butter and bananas
- ✓ Whole grain bagel with hummus and tomatoes
- ✓ Whole wheat pita pocket stuffed with hard boiled eggs and fresh spinach
- ✓ Oatmeal with dates, fruit and seeds
- ✓ Scrambled eggs, avocado and cheese with wraps
- ✓ Sandwiches

- ✓ Rice with chopped apples, nuts and cinnamon

### MANAGING FUSSY EATERS

If you have a child who is particularly fussy about food, you'll know what an effort and challenge it can be to get them to eat a good breakfast each morning. What is the best way to help you do that?

#### Get creative

Well, since texture is often a sticking point for many picky eaters, typical breakfast foods like bananas and cereal can be a no-go. Feel free to tackle this by thinking outside the box when it comes to breakfast! If they don't enjoy toast or muesli, there is no reason not to serve non-breakfast items instead, such as reheated leftover dinner, rice and beans, crackers and spreads or even sandwiches.

#### Quality over quantity

If you worry about your child's eating, it can be a relief to remind yourself that the important thing to concentrate on is quality, not quantity. As a parent, it's easy to overlook the fact that younger children don't need big portions, and in fact, can find them daunting. A variety of food groups is what really matters in terms of nutrition!

#### Managing a low appetite

If your child has a particularly low appetite in the mornings, keep in mind that it's usually easier to drink something than it is to plate up, chew and eat solid food. Smoothies, fruit pouches or yoghurt drinks can be good options for kids who don't feel like eating.

If your child won't eat much more than a drink first thing in the morning, send them into the day with a packed breakfast to eat later on. Fruit, nuts, bagels or bread with slices of cheese are all nutritious choices, simple to make and straightforward for kids to bring with them.

The main thing is to ensure your children eat a nutrient-rich first meal of the day before heading to school or a day of activities. These handy tips, tricks and ideas are key to achieving a great family breakfast. Once you put them into practice at home, you should see the benefits right away - along with the happy knowledge that you've set your little ones up for a positive, healthy and successful day!





# COMMON CHILDHOOD AILMENTS & TIPS TO HANDLE THEM

*Children are prone to illnesses and health issues. Here, we discuss some useful tips for the most common ones, as well as the role of your doctor in dealing with them.*

Children will inevitably pick up colds, bugs and various light illnesses as they move through the world. Most of the time, these are not causes for concern! However, if your child is unusually unwell or if you feel uncertain about their health, be sure to bring them to your family doctor. A trusted doctor is one of the best safety nets you can have as a parent - it prevents a lot of stress for both you and your child. If your child has a good relationship with a medical practitioner, it creates a calm and safe environment and they won't be as afraid. Remember, a visit to the doctor can be a very scary experience for our little ones so we should do everything we can to keep the mood light and cheerful.



## COMMON CHILDHOOD HEALTH ISSUES

### Asthma

The most frequent asthma symptoms include wheezing (a whistling sound when breathing), a dry cough, shortness of breath and chest tightness. Your child may describe chest tightness as a pain in their chest or stomach. A visit to the doctor is a must if you think your child has asthma.

### Common cold

Your child may catch the common cold as much as 5-10 times a year. The usual symptoms include a sore throat, a blocked or runny nose, a raised temperature and a cough. The best course of action is to keep them warm, comfortable and hydrated, and to make sure they get plenty of rest.

### Gastroenteritis

Gastroenteritis is a gut infection that can result in diarrhoea, vomiting, fever and stomach pain. It can be very dehydrating so make sure that your child takes plenty of fluids. Most children with mild symptoms will recover in a few days. However, if symptoms persist, ask your doctor for advice.

### Impetigo

Impetigo is an extremely contagious skin infection that's frequently found among young children. It starts with red sores or blisters that then burst and leave a yellowish crust. These sores can spread and be very itchy. Impetigo often clears up after a week or so but it's advisable to get an antibiotic to treat it.

### Conjunctivitis

Conjunctivitis is a common eye infection, particularly in children under five. If your child catches conjunctivitis, they may have red, itchy, weeping eyes, puffy eyelids and crust around the eyelids. Infectious conjunctivitis is highly contagious but allergic conjunctivitis isn't so consult your doctor to identify which type your child has and follow their instruction.

### Head lice and nits

Head lice and nits are very common in younger children and the primary symptom is an itching sensation. Lice can be removed by wet combing, ideally using conditioner and brushing from roots to ends. Repeat this process every few days for two weeks. If the lice remain after this two week treatment, ask your pharmacist for a suitable medicated spray or lotion.

### Warts and verrucas

Warts and verrucas are small, flesh-coloured lumps that grow on the surface of the skin. They are usually painless, although verrucas on the sole of the foot can be uncomfortable. They will disappear over time if untreated but this may take months. Consider talking to your pharmacist or doctor about treatment if you are concerned.

## TIPS TO KEEP KIDS HEALTHY

### Hygiene

The majority of infections spread easily in children and personal hygiene is absolutely key in preventing this. We all know that kids love getting their hands dirty so helping them to develop a thorough hand washing habit can be hugely beneficial. Twenty to thirty seconds is enough and this chore can be transformed into fun by singing as a song as you do it. Equally parents, or anyone taking care of children, should take the same measures to reduce the spread of bacteria. On the topic of hygiene, good dental hygiene is crucial for the overall health of your little one. Gently brushing twice a day will make it much more difficult for infections to appear.

### Medication

Only provide your child with medication when necessary. Ibuprofen and paracetamol may be used for general ailments but you can still ask a pharmacist for advice. Any other medications should only be used if told to do so by a doctor. When giving your child any medication, double check the instructions on the label to make sure that you give them the correct dose.



### Air quality

Poor air quality poses a serious health risk to growing children. Whether this comes from indoor air pollution or from outside, do your best to minimise the time your child spends under these conditions. Also, take caution with chemical cleaning sprays that you may use around the home when your little one is present.

### Staying safe in the sun

Children have particularly sensitive skin that needs vigilant protection! Best practices for this include wearing sunscreen with a high SPF and UVA/UVB protection, wearing loose clothing that keeps them covered and seeking shade where possible.

Common childhood illnesses are generally nothing to worry about. By following these tips for keeping kids healthy, you should reduce the amount that your little one gets sick. However, if you are worried about their health, feel free to seek professional advice.

**If you have any cause to believe that your child is seriously ill, it's important to act quickly. If they are experiencing severe pain, difficulty breathing, drowsiness, dehydration or seizures, call an ambulance or bring them to the emergency department.**



# THE SUMMER CAMP EXPERIENCE

*Summer camps provide a fun and convenient way to keep children occupied during the summer months. However, aside from being a fun and stimulating place for youngsters, there are a multitude of advantages that 'summer camp kids' enjoy. Here's a run down!*



If you are considering summer camp for your child, you may be wondering if it is the right fit for your child's personality. Perhaps your child has never spent much time away from you besides going to school, or maybe your child has special interests, and you are worried they will feel out of place at camp.

Although each child is a unique individual, we believe summer camp is beneficial for all kids. No matter what your child's interests are, camp helps children develop important social, emotional and cognitive skills. Best of all, children create memories that last a lifetime at camp.

To help you decide if summer camp is right for your child, we'll explain the benefits you can expect your child to gain as a result of summer camp, and why summer day camp matters. Before we begin, let's look at what a typical day at camp is like.

## WHAT IS SUMMER CAMP LIKE FOR KIDS?

Although each camp offers a special variety of activities, all camps offer the opportunity to make friends, learn new skills and grow as a person. Why is summer camp important, and what are the benefits of summer camp for your kids? Here is our list of benefits of summer camp.

### Skills for life

During summer camp, children participate in a variety of group activities. For example, while participating in a sport like volleyball or bowling, a child learns how to work in a team, communicate with other children and solve problems on their own.

A child will develop leadership skills, for instance, by guiding a team of other children on a hike. Or, a child will develop stronger communication skills when dividing up chores at camp. Perhaps a child will build important decision-making skills as they face challenges and overcome obstacles while trying new and exciting activities. All these skills are important in the real world and are nurtured in summer camp.

Of course, children learn social skills in school as well. However, camp brings children together in an environment that encourages a greater sense of community and appreciation for individual differences, whereas school focuses mainly on academic achievement.

## Encourages independence

At camp, a child experiences time away from a parent. This independent time is important in helping children develop a sense of identity. Kids learn to become more self-reliant as they explore their interests and discover their strengths and weaknesses. They learn to trust their inner voice instead of depending on a parent or teacher to tell them what to do. Independence is vital to becoming a self-sufficient adult.

Perhaps your child is afraid to sleep without Mum or Dad down the hall, or maybe they are too shy to go out alone. Camp will help them transition to independence as they explore the world in a new and exciting way. Independence also helps boost a child's self-esteem.

Raising an independent child means teaching responsibility, encouraging exploration and providing a safe environment for a child to make decisions independently. Summer camp nurtures all three of these elements.

## Harnesses the value of play

During the school year, children are used to the routine of making it to school on time, doing homework and then going to bed. Some may engage in extracurricular activities. Although still structured, summer camp is more relaxed than the school routine and provides time and freedom for spontaneous play.

Free play is important to a child's development because they learn to develop creative thinking skills and explore their imagination through play. Playtime creates a safe place for children to express their thoughts and emotions, creating stronger and happier kids. They also learn to interact with the world around them, resolve conflicts, build negotiating skills and relieve stress. There are countless benefits to unstructured play, and it's a fun way to make new friends.

## Fosters teamwork

No matter what your child's interests are, whether it be sports or arts and crafts, a camp will engage them in activities that require teamwork. Knowing how to work in a team is a useful skill for life.

Teamwork matters because it helps develop communication skills, emotional intelligence and leadership skills.





An understanding of teamwork helps a child realise working with others is sometimes the most efficient way to get things done. They will value teamwork as a solution, rather than think they need to handle tasks on their own. As a result, children will grow up with an eagerness to be active members of their community.

### **Builds resilience**

Resiliency is an essential life skill because to be resilient means to get up and push forward after an inevitable setback.

Camp provides the opportunity for children to face many challenges and to practice overcoming challenges. For example, they might not win their first soccer game, but they will learn that practice will make them a better player. Or, they might not be able to reach the top of a climbing tower right away, but they will learn not to give up and to keep trying. Once they make it to the top, they will feel stronger and more resilient than they did before.

Camp teaches the value of effort and helps kids believe in themselves as they overcome challenges with determination,

patience and a drive to succeed. Learning new hobbies also teaches positive outlets to cope with life struggles, and kids will build a strong support system of camp buddies to help them overcome obstacles.

### **Fun experiences without screens**

Camp helps children connect to the joy of life beyond the screen. In camp programmes, children will have endless opportunities to engage their minds in ways they'll enjoy.

Regardless of what your child's interests are, they will learn and socially interact in a healthy real-world setting at summer camp. Time away from the screen is vital to a child's brain, body, spirit and future, and could benefit us all.

### **Connection with the environment**

Speaking of time away from technology, kids also need nature in their lives.

Nature stimulates all the senses and helps children experience the magic and wonder

of childhood. When a child is outdoors, they get to see, touch, hear, smell and sometimes even taste nature. Sensory development makes life richer, fuller and all-around more pleasurable. On the contrary, too much time indoors can dull the senses and deprive children of the simple pleasures in life.

Most importantly, outdoor time encourages movement, which is vital for physical, mental and emotional health. Outside, children are free to run, skip, jump, climb, laugh and breathe the fresh air. Plus, they get a healthy dose of Vitamin D from the sun.

### **Character development**

One of the biggest benefits of summer camp is it takes children out of their comfort zone and pushes them to try new things, as well as explore their already established interests. They will grow as they develop their skills doing their favorite activities, and they will develop new skills as they try activities they have never tried before.

In general, they will leave camp with a stronger sense of identity and a better idea of



what they love, which may help them choose a career path in the future.

### **Builds confidence**

At summer camp, children have the opportunity to achieve, even if that means they paint their first painting in a less competitive environment than school. Achievement is the main ingredient in self-esteem.

Self-esteem is important for children and adults because we make decisions in life based on how we see ourselves. We choose our careers, relationships and make other important decisions heavily influenced by our self-esteem. Children learn self-esteem through taking action and earning results, and by contributing to their community. They learn to value themselves as a result of hard work and achievement.

### **Encourages healthy activities**

Physical activity is crucial for heart health and maintaining a healthy weight, and it boosts confidence and helps manage stress. It is important to teach enjoyment of physical activity when children are young so they can carry exercise habits into adulthood. Summer camp programmes encourage healthy eating and physical activity. At camp, kids have the opportunity to participate in all kinds of fun physical activities at any skill level.

### **Grows friendships**

Kids get to meet other children with similar interests in a relaxed setting at camp. They also get to meet new friends with different backgrounds. Children bond over their camp experience, the challenges they face together and the fun they have free of pressure and media distraction to build genuine friendships that last.

### **Normalises diversity**

In summer camp, children will learn to work with other children to accomplish common goals, whether that be to build a shelter or win a game. While engaged in a variety of activities, children will gain exposure to different viewpoints and opinions. They will learn to accept not everyone has the same perspective or beliefs they do. They will also learn that



to accomplish a goal with others, or to live and play in harmony, they must respect and work with differences.

Also, summer camp creates an environment that encourages respect and consideration for others. Children get praise for including others and behaving respectfully.

### **Engages kids' intellect**

Over the summer, kids might become sluggish without the intellectual stimulation of school, but camp provides mental stimulation in fun ways children can enjoy. Kids get the chance to participate in activities that interest them, and some programmes include time for reading.

### **A safe environment to learn**

Although kids will enjoy the freedom to play and choose activities that interest them, camp also provides a safe, comforting and structured environment. Campers follow a schedule and routine, which provides a sense of security. This structure also teaches responsibility and self-control.

They get into a routine that encourages a decent night of sleep and healthy eating. Children may follow these habits far into adulthood.

When a child feels safe and secure, they feel free to explore their interests, to play and to laugh. Camp gives kids a chance to express themselves and learn who they are.

### **Provides a sense of purpose**

Children feel a greater connection to their community through camp activities like playing, singing, dancing or playing sports. As a result, kids grow up to value community and may feel more inclined to make a positive impact on the world around them. A greater sense of community teaches a child they can make a difference that matters. Also, community involvement gives children a sense of belonging. Belonging combats loneliness and improves communication and sociability - which are habits that children can take into adulthood.

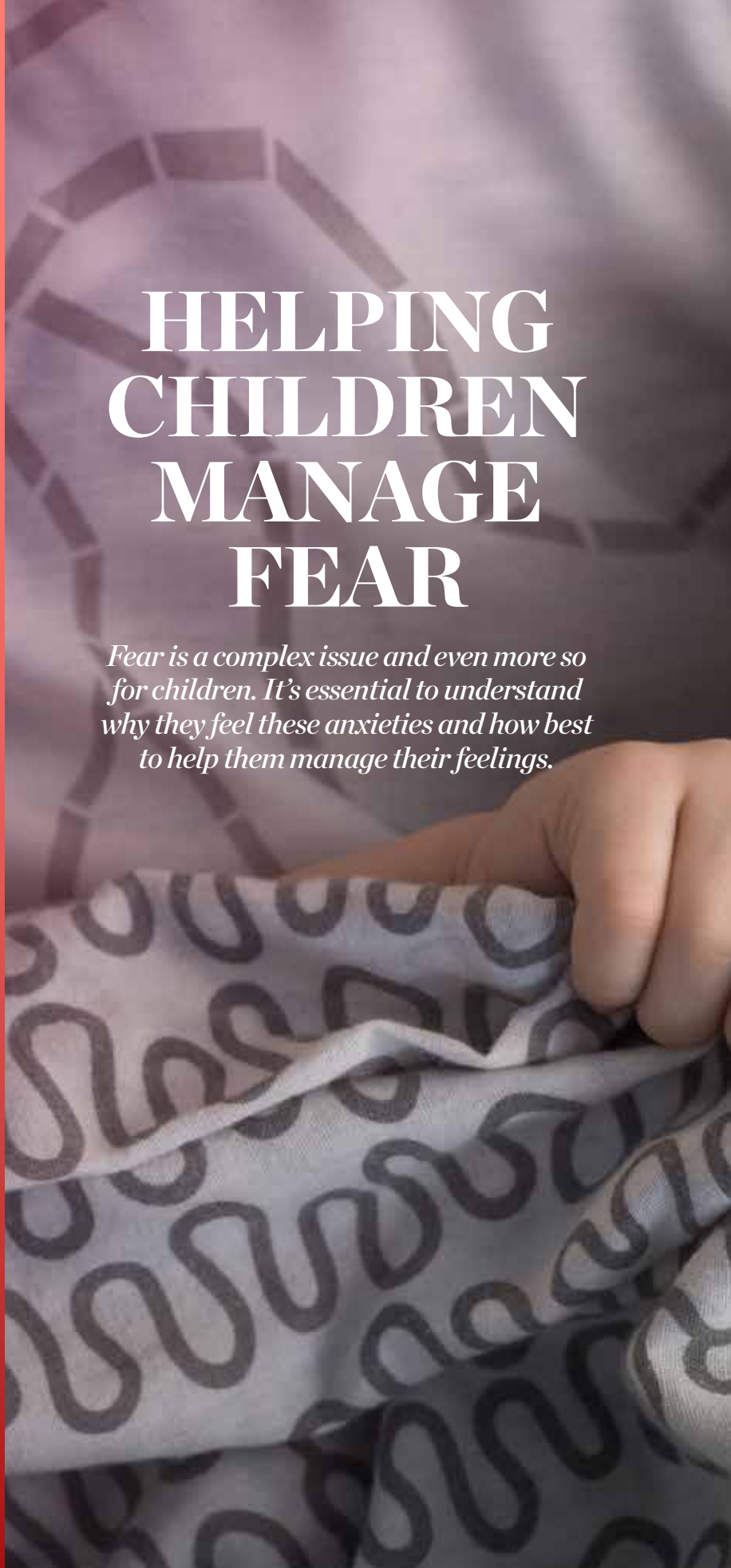
•PARENTING•



This month we look at: preparing your child for a new baby sibling; keeping teens occupied in summer and moving from the bottle to the cup!

# HELPING CHILDREN MANAGE FEAR

*Fear is a complex issue and even more so for children. It's essential to understand why they feel these anxieties and how best to help them manage their feelings.*









Fear or worry are appropriate emotions for children to feel when faced with real-world dangers. They are useful in certain circumstances as they will keep your child out of harm's way. However, we all remember being afraid of things as a child that don't scare us at all now. It's common and understandable for kids to feel fear in situations that we, as adults, find harmless. Just because they aren't a big deal to us doesn't mean that they won't be overwhelming to children. The best approach is not to force your child to face their fears right away but instead to encourage them to chat about how they feel and to listen to what they have to say.

As your child grows and changes, their fears will change too. Less rational fears such as being afraid of the dark or monsters in the wardrobe may be replaced by fear of strangers or injuring themselves. So take their feelings seriously, allow them to talk about their worries, and encourage them to confront their fears in their own time. It's so important for your child to know that you believe them and support them.

## BEHIND THE FEAR

Every child is unique and some feel more fear than others. There can be several reasons for this. Overprotective parenting can result in a child who feels lost or helpless without their parents around. Having an anxious parent can teach a child that worry or anxiety is an appropriate reaction to any kind of stressful situation. Experiencing a trauma, such as an injury, can increase the general level of anxiety that a child feels. The sensitivity of children can even vary due to their personality type.

### Babies and fear

From a very young age, babies form strong bonds with their parents and those who take care of them. They prefer to spend time with this 'inner circle' and may be afraid of anyone else. Becoming separated from their parents, even if it's just while mum is getting the groceries, can be very upsetting as they can feel like they have been abandoned. Babies will grow out of

this but it's helpful to know the dos and don'ts of supporting them through this fearful period.

Lots of babies don't trust that a parent will return after they leave a room. This trust can be built by communicating with them when you are leaving and greeting them when you come back. This will teach your baby that they needn't worry if you leave their sight for a moment and will encourage them that you will always return. It's essential that you are consistent with this so they don't feel that their trust has been broken. If possible, take your baby around the house with you if you have tasks to do, making sure to talk to them and include them. This helps them feel safe and valued.

When introducing your baby to strangers, do so while still holding them in the safety of your arms. This embrace will keep them calm and show them that they're not alone when faced with meeting a new person. Lastly, try not to leave your baby to cry in the hope that they will stop. It's much better to address the anxiety they feel by consoling and soothing them in a calm and loving manner.

## Toddlers and fear

It's normal for toddlers to struggle to come to terms with feeling strong emotions. They can often get overwhelmed and scared when faced with big feelings. As they become more aware of their surroundings, they may develop irrational fears such as falling down small holes or into cracks in the pavement. We, as adults, know that there is no real danger here but it's important to understand that this isn't as obvious to children. We should encourage them to express their worries and accept that the fear they feel is real. Help them overcome these fears slowly and gently, and try not to force them to face their fear immediately.

## Children and fear

As your child continues to grow, their fears tend to mature with them. Their fears will usually consist of a combination of seemingly rational and irrational things. These could range from fear of abandonment or of someone breaking into the home to fear of ghosts or strangers. As always, make it clear to your child that you believe them and are taking their emotions seriously. Conversation is a great tool for helping your little one to feel less afraid. You can encourage them that you're not going to abandon them, that nobody is going to break into the house because you've locked all the doors, and that they are safe. Allow them to ask questions and give honest but calming answers.

Routines are a great way to introduce stability into your child's life. Similarly, consistent behaviour from parents, such as returning home at the time you said and not breaking promises can really help to build trust with your child and ease their worries. As they get older, it can be good for children to face their fears but it must be done at their own pace.

## FEAR OF THE DARK

Being afraid of the dark is something that nearly all children experience. As mentioned, children struggle to tell the difference between what's real and what isn't, due to their overwhelming emotions and imaginations. They can also fear things that they don't understand. It's these factors that contribute to a fear of the dark (and any monsters that might be

hiding there!). Without help, your child may not grow out of their fear of the dark and it could make bedtime much more difficult.

It's particularly important to be gentle and compassionate when dealing with your child's fear of the dark. Any display of frustration or lack of understanding around this issue can upset your child and confuse them, making the fear harder to overcome. It's much more helpful to accept that the fear is real for them and to let them know that you will help them fight this fear.

Once your child is comfortable that you believe them and they are happy to talk to you about their fear of the dark, encourage them to chat about it and what specifically they are afraid of. Be sure to put your little one at ease by gently explaining to them that monsters don't exist and that they are totally safe. Lots of parents will open the wardrobe and look under the bed to prove that the monsters aren't there but this can be misunderstood by children. It may seem to them from this display that monsters do exist but they're just not hiding in the room at that moment. That's not very reassuring!

In some cases, fear of the dark is not about anything paranormal and more related to strangers breaking into the house. It

can help to show your child the locks and any other security features in the house that make it very difficult for a person to break in. Your child may have ideas of what would make them feel more safe, such as a specific teddy bear or blanket. Taking the time to ask them what they think would help will make them feel included, valued and safe.

## PROFESSIONAL HELP

In more acute situations, children can be so affected by their fears that they aren't able to interact with others or play freely. In these cases, it can be worth seeking professional help. A child psychologist will teach your child to unpack and manage their fears and anxieties and greatly improve their quality of life and can also teach parents techniques to assist their child during this time.

Your child's fears and anxieties can arise from all kinds of experiences in different parts of their lives. Helping them to reduce their stress levels, making sure they're only exposed to age-appropriate books and videos, establishing good habits and routines, and forming open lines of communication will all lead your child to overcoming their fears in a healthy way.



# PREPARING YOUR CHILD FOR A NEW SIBLING

*Congratulations mama! Expecting another baby is so special. Among many of the things you need to think about, you may be wondering how to get your older child ready for the new addition.*

Having another baby is a big and positive change in the family, but it can be challenging for your older child to accept. However, with some careful preparation, you can definitely set them up to feel good about the new arrival! Let's take a look at some important things to consider.

## SHARING THE NEWS

It's down to you to decide when you feel comfortable telling your child the good news - your choice will need to take into account age and understanding. Toddlers have a looser grasp of time, so it may be helpful to relate the baby's birth with an important event. For instance, you could tell them that the new baby will be coming shortly after Eid or close to Daddy's birthday.

It's wise to give kids of all ages plenty of time to digest the idea of a new sibling. A few months is best as it allows you to talk about it regularly and slowly normalise the idea for your little one.

## REACTIONS AND FEELINGS

Kids might feel excited, nervous, jealous, angry or completely neutral about a new sibling. All of these are common, natural reactions. No matter what your older child's attitude is during your pregnancy, it will almost certainly be an adjustment for them when the baby arrives as your love and attention will need to be shared. There's no

need to stress though, as a happy sibling bond will come with time, usually between a year and eighteen months.

## IT'S ALL IN THE PREPARATION

### Positivity

It's important to speak about your new arrival in a very positive manner. Focus on how the baby loves their big brother or sister very much and what an amazing older sibling they're going to be. Speak with excitement, as if it's something you are all looking forward to very much! This will subconsciously make this upcoming change about the whole family and plant seeds of positivity in your child's head.

### Storytime

There are many books for kids that tackle the topic of becoming a big sibling and these are helpful for you to read together. Books about the new baby will help your child to understand what is going on in a familiar way and accept (or even look forward to!) your growing family.

### Let them give opinions

Involve your little one and make them feel important and valued by asking for their opinion on lot's of 'decisions' to do with the baby. This doesn't necessarily mean



anything as big as the name! But it does mean asking for their thoughts on things like colours and patterns for blankets, clothes and soft toys. This helps young kids see that they matter and are contributing members of the household, making them feel good and embrace life as 'the big sibling'. It may be a good idea to balance these conversations by buying something small for your older child when purchasing the agreed items for the baby, like a new colouring book or set of paints.

### Practise with a doll

It can sometimes be useful to buy your child a doll that they can practice taking care of (holding, cuddling, dressing etc), to get them comfortable and excited for being a big brother or sister.





### Keep the conversation going

Make sure to keep the channels of communication and understanding open and easy between you and your child. Let them know that they can tell you any of their feelings, as worry, uncertainty or even discomfort, are bound to arise over the course of your pregnancy. Expect a little moodiness along the way, as different feelings week to week are perfectly normal for young kids. It's essential that you never make them feel bad for these feelings and that you listen attentively to ensure they feel heard.

### Quality time together

Put specific time aside to spend quality time, just you and your child. This can be as simple as a stroll outdoors together, an arts and crafts session or reading stories. It doesn't matter as long as you both have a good time and

your child feels secure about receiving your attention and care. Let them know how much you love them, as it's possible that they're feeling a little threatened due to the new baby.

### Spend time around babies

Socialising with relatives or close friends who have babies will give your little one a better picture of what a baby is and help them adapt to the thought of their own new sibling. If your child is comfortable (and the parents are feeling brave!), allow them to help with some basic tasks, like preparing the milk bottle, holding the baby etc.

### Discuss the hospital

Going to the hospital may be associated with illness, so kids could be afraid when they hear that you will be going there to have the baby.

It's vital to soothe their fears and reassure them that there's nothing to worry about. Let them know that the doctor is there because he is important for pregnancy.

As the due date draws closer, have a conversation around what will happen to your child when you and your husband go into the hospital. Let them know who will be minding them while you're away and that they can talk with you over the phone if they need to. Get them excited about being the very first visitor to meet the new baby. Frame the situation in a way that makes your child feel happy and important!

### Buy a gift from the baby

This is a simple but significantly helpful idea. It paves the path for acceptance and encourages feelings of friendship towards the baby.

The transition from only child to older sibling is a big one, but by focusing on these ideas, you can help your child adapt and thrive in their new role in your growing family!





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# MOVING FROM THE BOTTLE TO THE CUP

*Bottles help your baby feel soothed and safe - it's easy to see why little ones are so fond of them! What can you do to help them use a cup instead?*



The time comes when it's important to begin switching your baby or toddler from the bottle to a cup. Unfortunately, the longer this transition is delayed, the harder it is for kids to do. Using bottles as an older toddler raises the risk of dental issues and undernourishment through not eating enough solid foods, so it's good to switch as soon as you can! Ideally this should be between 12 and 15 months old. Let's take a look at how to make this shift as smooth as possible for you and your child.

## GET THE RIGHT CUP

Sippy cups are specifically made for babies to use and are great for

minimising spills. Try to get one with a hard spout or straw as ones with soft spouts can contribute to problems with teeth down the line.

## INTRODUCE IT EARLY ON

It's helpful to give your baby a cup when they are around 8 months old. This is not when you will actually switch to cup feeding, and most of what you give your 8 month old will end up on the floor or on themselves. However, it lets your child get familiar with the cup and by the time they reach a year old, they will likely have developed the coordination skills and dexterity to manage holding and sipping from a cup.

## KEEP CHANGE GRADUAL

Cutting out bottles gradually can help children adapt more easily than an abrupt changeover. Perhaps try replacing the morning bottle first, giving milk from a cup instead. Pair this with encouragement. Try saying phrases like "wow, you're so grown up, using a big girl cup". At your own pace, progress to a cup at the time where you normally give an afternoon bottle and eventually, the evening one too.

## REASSURANCE IS VITAL

Continue giving the afternoon and evening bottle feeds as you bring in the morning transition. This way, if your little one communicates that they want a bottle, you can remind them that they'll have one later. Reassure them that their bottle feeding hasn't completely stopped. If they continually ask, look at what it is they truly want. Maybe they feel hungry or thirsty - if so, offer a snack or some water. If they are looking for comfort or entertainment, give them cuddles or sit and play together.

## ADJUST THE BEDTIME ROUTINE

The bedtime feed will likely be the last to go as it's most strongly linked with comfort and the bedtime routine. A good option is to give a cup of milk with dinner and do the other parts of the sleep routine as usual, whether that involves story time, a nice bath or some relaxing music, whatever works for you!

With these tips, the transition from bottle to cup should be more straightforward. However, if you have any concerns, speak with your doctor.





# SPRING CLEANING YOUR HOME WITH THE KIDS

*In this article, we look at some handy ways to approach getting your children involved in deep cleaning the house.*





## MAKE JOINT DECISIONS

Discuss decisions as a group. A great place for this is in deciding which toys to keep (ones they intend to play with in the future), which to donate (toys they are too old for but are in good condition) and which to throw away. Put your kids in charge of making three piles, one for each category. Obviously, you have the final say, but the power of choice makes children feel important and engaged.

## DELEGATE!

A wonderful approach to keeping everyone happy is to give out individual responsibilities. Kids respond well to having their own particular tasks and tend to try harder and be proud of themselves when the job is done. So, delegate the hoovering, the dusting, the weeding etc. This way the family is happy and the cleaning gets completed.

## HAVE A TREAT AFTERWARDS

The truth is none of us really love to clean. Coming up with a special treat for everyone to enjoy after a deep clean together can be a really nice way to reward the group for their effort. It also keeps kids motivated to stay on task if they are working towards a fun reward. Ideas include a family movie night together or a barbeque, a trip to the cinema or simply a delicious ice-cream.

## JOB IDEAS FOR KIDS

Here is a list of ways you can get your children involved with the clean, taking pressure off yourself and enabling them to gain some valuable life skills at the same time. Be cautious asking them to do anything that involves cleaning sprays or chemicals that can harm their skin. Warm water and soap can be a gentler approach.

Some job ideas for children include:

- Washing walls, doors and skirting boards - delegate in height order!
- Dusting and arranging bookshelves neatly
- Organising the arts and crafts box
- Emptying their bags and coat pockets
- Tidying the toy area
- Hoovering
- Sweeping and mopping
- Shaking out all cushions and pillows and plumping them up
- Dusting the window sills and (carefully!) any ornaments or photographs
- Wiping down the outside of kitchen cupboards - again, height order!

Armed with these ideas, hopefully having a deep clean of the house with your kids doesn't seem such a daunting task. In fact, you may even find it surprisingly fun and bonding for your family, while also teaching kids some great life skills - a win-win!

Giving the house a proper clean can seem like an overwhelming task, especially with kids running around! A clever way for parents to overcome this is to enlist children's help in the 'big' clean, by making it seem like a fun team experience. Let's look at some ways to pull this off.

## GET SOME MUSIC GOING

Nothing is as big a mood booster as a great soundtrack! Get your children on board and excited by putting on some upbeat music. It truly is incredible how a little music can help everyone feel motivated and full of energy!



# KEEPING TWEENS & TEENS OCCUPIED THIS SUMMER

*Summer can be a tricky time for keeping your teen busy! Here are four great ways for them to make the most of the next few months.*







Tweens and teens are of an age where they are at the start of their journey to leave their young childhood behind and move towards young adulthood. As such, you might notice their behaviours, influences and character developing - which is a normal part of growing up. However, the summer holidays present the challenge of how to keep them meaningfully occupied, rather than sleeping late and getting addicted to their screens! Here are a few suggestions to keeping tweens and teens occupied during the summer break.

## SUMMER INTERNSHIPS

A summer job is a great way to keep your teen busy this summer, while giving them a sense of independence and the opportunity to earn some money. Do some online research together and guide your teen through the process of writing a CV, applying for internships online, and creating online profiles on the appropriate job websites.

Make sure to allow them to apply for the type of jobs they're more interested in, as the most important thing is that they're happy and have a good experience on this new adventure. Additionally, working as a babysitter or doing other physically-challenging jobs, such as pool cleaning or

helping at school summer camps, can be really beneficial for their activity levels and overall health.

## VOLUNTEERING

Volunteering is a very rewarding way for your teen to spend the summer months. They can develop some real-world skills, discover potential career opportunities and get involved in their community. Volunteering can teach your teen about working with others, personal responsibility and timekeeping, while also boosting their self-esteem and enabling them to meet new people.

There are even ways to combine your teen's hobbies with a volunteering opportunity. For example, if they're an animal lover, perhaps they could help out at the local kennels, or pet-sitting.

## HELPING OUT AT HOME

While teenagers are still like kids in lots of ways, we can still help them to explore their more grown-up, self-sufficient selves. One of the best ways to do this is to encourage them to help out more at home. This may be doing chores for some pocket money or even personalising their bedroom for their own enjoyment. So

whether you show them how the laundry works, ask them to cook dinner for the family once a week, or help them pick out a nice colour to paint their room, including them in the overall running of the house will not only keep your teen occupied but also empower them with life skills.

## SOCIALISING

Summers as a teenager seem to last forever. They are filled with endless days and adventure. One of the cornerstones of a perfect summer for a teenager is socialising. The friendships built during these times can be with us for the rest of our lives. Summer camps are a great opportunity for teens to meet people outside their normal circle of friends. Bonding activities, fun and games are ideal for creating new connections in a stress-free way.

If your teen is socially-anxious or introverted, try to talk to them about more suitable ways for them to meet new people. This may take the form of a group activity with a smaller number of people or with similarly introverted teens. It's better to be gentle with our teens instead of trying to force them out of their shell.

So worry no more about keeping your teen occupied this summer. These ideas will make sure they're busy and happy, and will help them to grow into themselves while hopefully acquiring new skills!



•EDUCATION•



Research on how parents can influence school success; and a look at an exciting new school option that gets YOU involved!

SPONSORED BY



## THE LINK BETWEEN YOUR INVOLVEMENT AT SCHOOL & YOUR CHILD'S SUCCESS

*This month, we focus on ways that parental involvement in a child's school journey maximises their education success. We also look at a new Dubai school with this research-backed approach to enabling parents to help their kids achieve their full potential.*



Research from all over the world consistently shows that there are clear differences in children's academic and personal success, depending on the way parents are involved. Put simply, the research says that when parents have a low involvement in their child's education, their children will generally attain lower academic achievement; and when parents are more actively involved, their child achieves more success at school and beyond.

### THE RESEARCH INTO PARENTAL INVOLVEMENT AT SCHOOL

According to research from the US-based research organisation, National Coalition for Parent Involvement in Education, "children of involved parents are more likely to have higher grades and test scores, attend school regularly, have better social skills, show improved behaviour and adapt well to school."

The organisation reports that the most accurate predictors of student achievement in school are not family income or social status, but the extent



to which the family becomes involved in the child's education at school. The solid conclusion is that parents who are actively involved in their children's learning are giving their kids the best opportunity for educational success.

Expanding on this, it also means that parents who are hands-on involved at the school level are more likely to be raising more confident achieving children who are better able to create a brighter future for themselves as they grow into adulthood.

### **WHAT DOES 'PARENTAL INVOLVEMENT' IN YOUR CHILD'S EDUCATION LOOK LIKE?**

Every parent wants maximum school success for their child, but when you're juggling a full-time job, how is it possible to take a more active role in your child's education, in practical terms?

In harmony with the research, internationally respected leader in education and Principal of Dubai's new Bloom World Academy, John Bell, confirms that the following ways will expand a parent's role in their child's education:

- Be present at school when possible (this gets you more familiar with your child's world, rather than being distant from it, and therefore with them all the way if any challenges or problems arise)
- Show an active interest in your child's schoolwork (this builds a connection with children as you share excitement over their successes and help them work through disappointments. Showing that you care about what they're learning helps reinforce the importance of it!)
- Keep a positive attitude towards education. Some parents might believe that using discipline is the right way to handle children who say they dislike school or don't want to do their

homework. However, parents who keep a positive attitude about education are more likely to pass that positive outlook onto their kids.

- Make any school involvement positive. (This also means keeping in closer contact with your child's teachers and working together productively to support your child.)

Young children, in particular, are still forming their thoughts and feelings toward school, so being involved as a parent reinforces the positive aspects of school and builds children up as they work through any struggles.

Parental support and involvement can also benefit kids of all ages at a developmental level that extends beyond academics. When a child can see that their parents are supporting them, they are more likely to take risks and learn something new instead of staying inside the box, says the research.



# LIFE-CHANGING EDUCATIONAL OPPORTUNITY FOR DUBAI KIDS

*The new school term sees the opening of a new Dubai school that is operating to proven principles that maximise every child's school success - working in close partnership with parents and families. Yes, even in a way that makes life easier for busy working parents!*



In September, both the parents and children in the Dubai education system will receive a huge boost with the opening of the new Bloom World Academy, on the site of the former Dwight School in Al Barsha South. It promises to be an exciting, stimulating and very different school structure for children and families alike, with many traditional aspects of school re-imagined.

The intelligent new structure of learning embraces the best of a traditional school structure, but also builds into its core a 3-way partnership between the school, the parents and each individual child. This new system offers a very different experience for children - one that we at Mother Baby & Child believe will set children up for great success - and enable YOU to help them achieve this.

## THE MAJOR ADVANTAGES FOR PARENTS & CHILDREN

Working to the IB curriculum, the Bloom World Academy school for 3-18 year olds

is opening next term under the vision and leadership of Principal John Bell, a globally-respected leader in education, who places children's school success and their family life at the heart of a learning system that also involves parents. You can read more about this learning system in the Education pages this month and by having a chat with the school directly, but for now, these are the some of the major advantages that Bloom World Academy is offering parents:

- **The first school in the Emirates to have a later start time of 9am.** It is open from 7am to 7pm, with this flexible approach to timing designed to support the working schedules of parents and a more balanced family life
- **Teachers are specially trained to spot the individual skills specific to every child** - and nurture these skills, thereby building your child's confidence and achievements
- **Parental involvement:** Bloom World Academy's new education system builds in monthly child-parent-teacher

meetings into the school journey of every child. Parents, children and teachers can speak freely in this individualised 3-way relationship, called the "Learning Achievement Passport" system.

- **Truly building a school-family community:** The school provides a dedicated space for parents to come and work from the school premises, where they can set up their laptop and work while they wait for their child; meet other parents and their kids - making it easier to build a true school community that supports families.

## YOUR INVOLVEMENT IN YOUR CHILD'S EDUCATION

Well, we all know that the life of a Dubai parent can be extremely busy. Not only this, you can't just turn up to your child's school asking to be involved in their education, right? WRONG! Parental involvement in your child's education is one of the cornerstones of the new approach being taken by Bloom World Academy via their Learning Achievement Passport system.

This is a way for parents to come into the school every month and meet together with their child and the teacher to discuss the child's progress, highlight the achievements and special qualities they are demonstrating at school and talk about any roadblocks to their wellbeing or success.



# AN INTELLIGENT APPROACH TO EDUCATION

*Bloom World Academy is the first school in the Emirates to offer a later start time of 9am, which helps children's school life to be in better balance with family life. In this article, we look at the advantages of flexible school hours.*

## SUPPORTS WORKING PARENTS & HELPS TO MAXIMISE A CHILD'S POTENTIAL

Principal John Bell told Mother Baby & Child: "In the past, when driving to school, I've seen children leaning against the window of the school bus, fast asleep. Of course, parents need to go to work and they didn't have a choice before about the early school timings, but seeing sleepy children on the bus always made me think that there needs to be a better system to support family life. Bell was keen to introduce more flexibility with the Bloom World Academy school hours, because "I want to make it easier for busy parents to work around school, and also use the flexibility to help support children."

## BRAIN-STIMULATING ACTIVITIES FOR THE 'EARLY MORNING' CHILDREN

If a parent's working schedule means an early drop-off to school, then John Bell is keen to help use the time to make sure the 'early morning kids' have the advantage of structured and stimulating activities before school. Fun physical activities are available, which encourages children to be included together. Research demonstrates that morning exercise gets the blood flowing and increases the amount of oxygen that gets to a child's brain. It also releases endorphins in the body, which provides children with better focus for between 4-10 hours. "The 'early morning children will reap the benefits of stimulating early morning throughout the entire school day, as well as learning the skills of interacting and socialising together without screens," says Bell.



## CHILD HEALTH & FAMILY BENEFITS OF FLEXIBLE TIMINGS

Parents' working timings and schedules can sometimes make the logistics and work, school and family life stressful. For this reason, Bloom World Academy's later start time of 9am is supported by a combination of optional wraparound care from 7am to 9am and 5pm to 7pm; along with an extensive selection of co-curricular activities including Sports, Arts, Homework clubs from 8am - 8.45am and 4pm to 5pm. The wrap-around care gives the school the

opportunity to widen the curriculum, as well as supporting parents who are looking for an extended timeframe of childcare support.

As well as honouring children's natural sleep cycles, the later start time of 9am means optimising productivity throughout the school day and providing a significant improvement to students' overall wellbeing and physical health.

To accommodate the conflicting needs of daily life, families will be able to design their own bespoke school timings around the official school day of 9am to 4pm, Monday to Thursday and 9am - 12.30pm on Fridays.

# A CUSTOMISED EDUCATION FOR YOUR CHILD

*You know your child's strengths and challenges, what makes them happy and how best to support them. So, with Bloom World Academy giving you the opportunity to partner in your child's education journey, imagine the outcome if you're helping steer it!*



The Bloom World Academy's Principal John Bell tells us: "We believe that every child is truly a unique learner, so we focus on the stage a child is at, rather than the age of the child. Our goal is to nurture each individual's potential to learn, grow and develop the skills and abilities to create their future. We do this through customising each child's learning experience."



## Learning achievement passport

Bell explains: "We embrace each child's individuality and support their learning journey through a robust academic curriculum crafted to their needs. Our 'Learning Achievement Passport' is the 3-way partnership between the child, the parents and the school. Even though there is an open-door policy for parents, we all meet together

every month to discuss each child, highlight the child's achievements, discuss any issues; agree on the path of goals for the following month and the plan of action to achieve them. It means that the child-teacher-parent team is steering the child's success together."

"The Learning Achievement Passport system sets out the child's personalised timetable, sets the goals together, supports each

child we work with, and overcomes their challenges. It brings parents into their child's world of learning and is openly reviewed collectively between mother, child and the school every month."

A key personal tutor is assigned to every child to oversee their progress and provide additional support throughout their time at school. The 'open door' policy for parents means you can deal with someone who knows





your child well, as well as appreciating their special skills, talents, interests and aptitudes.

### **A dynamic curriculum based on the 'stage' of each child**

The dynamic, student-centric curriculum at Bloom World Academy is built on the concept of 'stage not age' to ensure that all children progress and develop their learning based on their aptitude, interests and abilities, not solely on their age or academic year.

The school is organised into five phases of education – from Primo (the Early Years Centre) through to Nexus - the Pre-University Centre. This design ensures that, while Bloom provides learning opportunities based on each child's aptitudes and abilities, the school also ensures that the emotional and pastoral needs of students in their appropriate age groups are met, with a particular emphasis on support throughout the early adolescent years.

Learning opportunities for Bloom World Academy kids are not confined to the classroom. The school is organised into Learning Zones (for example, the Science Zone; the Performing Arts Zone and the Languages Zone). The zones are distinct areas where students of all ages will have the opportunity to be immersed in facilities and resources to enhance their learning experience.

### **Quality of teaching**

One of the pillars of Bloom World Academy is concerned with the quality of the individuals

that make up the teaching staff. Bell tells us: "The quality of teacher-student relationship has huge consequences. Our teachers here have therefore been recruited based on their character, moral compass, work ethic, their communication skills and personal fulfilment in bringing out the best in students, as well as professional excellence in teaching."

Tellingly, over 85% of teachers interviewed have been from applicants teaching at other UAE schools, the majority of whom have expressed their passion for making a positive difference in every child's educational life. Principal John Bell adds: "Bloom World Academy teachers are specially trained to spot and nurture the skills that are specific to each child. That means our teachers have to know every child and know how to communicate effectively with each one. Because providing the best for every child is at the heart of everything we are doing at Bloom, our teachers are on the ball and attuned into each child's best needs and interests."

### **Homework club & your child's quality of family life**

The Bloom World Academy provides an after school Homework Club that enables children to complete their homework at the end of the school day, if they wish, while their parents are still at work. This means that the family is free to spend quality time together in the evenings, without the added pressure on their homelife of getting homework done.

"We are creating the choice and in the case of the Homework Club, it is just one of the many ways that we try to take the pressure out of balancing school and family life. Ultimately, it takes away any stress associated with homework for the child, and replaces it with a supervised environment to get their homework done - and of course, an added sense of achievement at the end of each day" says Bell.

### **Imagination and creativity applied: delivering real world experiences**

Bloom World Academy embraces the world of technology, design and business and, by nurturing every student's imagination through innovation and entrepreneurship, the school can deliver real world experiences that provide their students with opportunities to shine and grow.

Bloom students are taught and encouraged to be inventors; from Lumos Innovation Labs to junior apprenticeships and connections with specialists and business partners, every child has the opportunity to explore and reach their full potential - important building blocks in a bright future.

### **The Lumos Innovation Centre for budding entrepreneurs**

The spirit of entrepreneurship is actively fostered and encouraged, with no boundaries to the age of a child in taking part in practical activities that harness imagination, bring ideas to life and even bring them to the marketplace.

### **Emotional wellbeing & character development**

Through Bloom's emotional wellbeing and character-building programmes, every student's whole wellbeing matters. This means the school's value system has a keen focus on the healthy development of the mind, body and spirit of every child - aspects, which are intrinsically connected to their academic progress. The school offers a taught programme of emotional and social wellbeing to develop values, skills and traits that will last a lifetime.

### **Competitive school fees & founders fee discounts**

For the Academic Year 2022/2023, Bloom World Academy is offering a Founders Fee discount, which will apply for the first three years. For a limited period, there are also a limited number of Middle School students that can avail of a 50% discount when registering to join the school for the AY2022/23.

The school's tuition fees also include a uniform package; all educational resources, including a personal learning device, such as an iPad from Grade 1 to Grade 5; and a MacBook laptop from Grade 6 to 12; as well as discounts for siblings and an extensive range of school-led co-curricular activities before and after the official school day.

**For more information, to book a tour, or to talk with the admissions team, you can call directly on: (+971) 4 371 4774 or check the website: [BloomWorldAcademy.ae](http://BloomWorldAcademy.ae) for more information.**

# GOOD LIVING.



Editor's Summer  
Beauty Picks; gift  
ideas for Fathers'  
Day; and of course  
lots of competitions  
this month!



## ORLY'S NEW BREATHABLE NAIL RANGE



With such hot summer days ahead of us, I like to keep my nails cool and refreshing! Much like wearing light clothes to keep from overheating, I also want to give my nails a chance to breathe freely! ORLY's new Breathable range has a colour for every summer situation and mood, whether you want to match a bright, flowy dress, a floppy beach hat, or some stylish sandals, ORLY have a shade for you this summer. Halal certified, vegan, cruelty-free and

made with love in Los Angeles, California, what's not to love?!

*ORLY products can be found in all UAE salons and online at Cozmada, Amazon, Noon, Namshi, Look Fantastic and Mumzworld.*

## HYDRATE YOUR SKIN WITH LING

Every woman wants a gorgeous summer glow, right? Well smooth, supple, well hydrated skin is the first step! The key to this is both drinking plenty of water and a highly moisturising beauty routine. The new hydrator from Ling is just the ticket! State-of-the-art ingredients meet Asian beauty secrets in this advanced fusion of moisturising hyaluronic acid and rose water to soothe. This luxuriously replenishing hydrator saturates the skin with all the moisture it needs, warding off dehydration and balancing natural moisture levels in the skin, even during the hottest weather.

*Ling New York Replenishing Hydrator (AED 230) is available at [enerbeauty.com](http://enerbeauty.com)*



## SPRAY YOUR WAY THROUGH SUMMER

Sometimes you just want a refreshing spritz for your skin, to keep it from feeling dry and tight in the summer heat. The Body Shop Edelweiss Bouncy Juicy Mist is perfect for exactly that! An on-the-go face mist enriched with edelweiss extract, buddleja extract, and CFT moringa seed oil, it's light enough to spray as needed but make no mistake - it's highly effective! This mist protects from indoor and outdoor pollution, as well as the effects of blue light while providing 24 hours of hydration. Sounds good to me!

*The Body Shop Edelweiss Bouncy Juicy Mist (AED 99) is available from all The Body Shop stores.*



## KEEP HAIR FRIZZ FREE, NATURALLY!

If you want to banish humid summer frizz but prefer natural ingredients, the Dolce Satin Finish Booster by Rossino Ferretti could be for you. With a formula that's over 96% naturally derived, this leave-in spray uses bio-certified vegan ingredients like chestnut and aloe vera to combat frizz, hydrate your locks and reduce moisture loss, improving softness and strength on even the driest hair. Boost your styling results by detangling knots, lowering breakage, and reducing colour loss, all while adding a velvet-like sheen.

*The Dolce Satin Finish Booster (AED 205) is available from [enerbeauty.com](http://enerbeauty.com)*



# FATHERS' DAY GIFT GUIDE



*Here are Ella Ryan's gift idea picks for Fathers' Day, whether you're buying for a friend, a brother or your dad, she's got you covered!*

## LUSH HANDMADE COSMETICS FATHERS' DAY COLLECTION

My dad is amazing! So I was incredibly excited to see that this Father's Day, LUSH Fresh Handmade Cosmetics have launched an exciting collection of new pampering goodies. Of course, all dads are heroes, so they can all indulge in a selection of refreshing shower and bath treats, and grooming essentials to truly spoil themselves, just as they deserve! LUSH is going all-out with their Father's Day Collection so you can shower the father figures in your life with the best of all-natural products including bath bombs, shower gels, beard wash, moustache soap, shaving cream, soothing eye masks and indulgent gift sets. It's aromas all around with these lovely LUSH products!

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



## A VIBRANT NEW COLOGNE BY ACQUA DI PARMA

As Father's Day approaches, I'm usually on the hunt to find the perfect gift and I know my dad loves things that are a bit more useful than a generic box of chocolates! That's why, this year, I was delighted to discover Colonia C.L.U.B. by Acqua Di Parma, a new cologne that celebrates a man's authenticity and is the perfect signature scent for every mood and occasion life brings. The bottle, made of clear glass, is an ode to light-heartedness, while the logo and the emblem in gold are a nod to the brand's long standing connection to excellence and the Italian lifestyle. With refreshing notes of lemon and bergamot, the spice of pink berries and black pepper, and the comforting aroma of cedarwood and musk, this cologne makes a lovely gift this Fathers' Day.

*C.L.U.B. Colonia is available at the Acqua Di Parma store in Dubai Mall or online at: [ounass.ae](https://ounass.ae) or [acquadiparma.com](https://acquadiparma.com)*

## EVERY PAPA NEEDS A GOOD RUNNING SHOE!

Are you looking to splash out and treat your Dad to something special this Father's Day? The NOVABLAST™ 2 LE Men's running shoe could be what you're looking for - a gorgeous looking present and a great way to help your dad achieve his training goals. For the second version of this series, Asics have created a more cushioned, more responsive feel underfoot, with a softer landing and a more energetic rebound, all while making sure this aesthetic shoe looks as good on the road as it does at home. The jacquard mesh upper comes in a number of different tones and offers lots of breathability for running and everyday wear. The wider outsole design provides a more balanced landing and helps propel your foot forward. All in all, an amazing running shoe for the men in your life!

*Novablast 2 LE Men's Running Shoes Runner's are available at The Dubai Mall or online at [runners.ae](http://runners.ae) or [6thStreet.com](http://6thStreet.com)*



## HOME CINEMA MAGIC WITH EPSON

I don't know about you, but my dad loves a good home screen setup for watching sports, his favourite series and everything else! Now, when it comes to Father's Day, nothing says "quality time" quite like a family movie night, right? Bring the cinema home to your dad this Father's Day with Epson's EBX06 projector.

Build your own movie theatre home with this affordable, high-quality, portable XGA projector. Its combination of 3LCD technology and 3,600 lumens allows for exceptionally bright and clear images, with clearly defined shadows and deep blacks. It's sure to hit the mark with your dad. What's more, the projector has been designed with portability and quick set-up in mind - making it easy to move from room to room as needed.

*Available online at [epson-middleeast.com](http://epson-middleeast.com)*



## RELAXATION MADE EASY AT MARKS & SPENCER

If your dad loves to unwind in comfort, then look no further than Marks & Spencer for a thoughtful gift this Father's Day. Add a sweet twist to this year's celebration with a selection of matching mini-me PJ's and shirts from M&S. Ideal for catching some much-needed sleep, as well as lounging around in coordinated style - these relaxation ready sets are a must have for dads who love chilled out family time.

*Shop the Father's Day collection in-store or visit [marksandspencerme.com](http://marksandspencerme.com) to find what you're looking for.*



# COMPETITIONS

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

## WIN! FOUR TICKETS TO WARNER BROS. WORLD ABU DHABI, WORTH AED 1,240



One lucky person will win four tickets to visit Warner Bros. World Abu Dhabi with their family, and enjoy an immersive experience like no other with endless fun and adventure. The incredibly immense indoor theme park brings to life everyone's childhood memories with beloved animation characters such as Bugs Bunny, Tom and Jerry and fan-favourite DC Super Heroes including Batman and Superman all under one roof.

With 29 state-of-the-art attractions, unique entertainment and authentically-themed dining and shopping options for all tastes, Warner Bros. World Abu Dhabi never ceases to delight with memories that last for a lifetime.

## WIN! A THREE-DAY MEAL PLAN FROM HONEST BADGER, WORTH OVER AED 500

Look no further than Honest Badger for nourishing and fresh food that not only tastes good, but makes you feel great. Offering plans that are completely flexible to suit your lifestyle, with options starting from one day through to a monthly plan, Honest Badger meals are dairy, gluten and sugar-free. They contain a variety of vegetables and whole grains, whilst being nutritionally balanced and calorie controlled.

Honest Badger also offers both vegan and lean meat meal plans to suit different lifestyles. A lucky winner will receive three-days of full meal plans from Honest Badger.



**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 CREATIVE HAMPER FROM THE PARTY, WORTH AED 500



Be the first to discover a brand-new range of beautiful wall stickers from The Party. A simple, yet stylish and unique way to add that wow factor to any space, the wall stickers are easy to apply and can be adjusted,

removed and re-used allowing you to enjoy them over a period of time, wherever you like. Created with eco-friendly ink, The Party seeks to make a big impact with little changes.

One lucky person will win a hamper comprising a feature wall sticker from the kid's range, a set of individual stickers complementing the feature, and a customised wooden name to finish off the look.

## WIN! A JUNIOR GENIUS GLOBAL TOUCH THERAPY, WORTH AED 500



Junior Genius Global, a concept that is changing the approach to early childhood education by making the six pillars of wellness a key component of their programmes, launched its Home Wellness Collection

in the UAE. To celebrate its introduction, they are offering one lucky winner a Junior Genius Global Touch Therapy Collection to invite massage rituals into the home.

This collection includes Ground Wellbeing Wellness Products to support touch therapy rituals, Junior Genius Global Massage Instruction Cards that will support in providing different types of massage to young children and Junior Genius Global online massage training.

## WIN! A VOUCHER FOR THE MARKS & SPENCER KIDSWEAR COLLECTION, WORTH AED 500

Marks & Spencer, operated by Al-Futtaim, is welcoming the summer season with a cracking new summer collection for the whole family. Brimming with trendy, yet comfort clothing options, the major British retailer's kidswear collection in particular exudes a fun and bright sunset and desert neutral palette, to embrace the warm summery season. Look forward to sweat co-ords sets in bold colour block prints and comfortable beachwear in cheerful patterns, bound to make children smile. One lucky winner will receive a voucher from Marks & Spencer, to shop from the new kidswear collection.



**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! AN ARSHIA BREAD MAKER, WORTH AED 289



There is nothing quite like waking up to the delicious aroma of homemade bread! The ARSHIA Bread Maker takes all the hassle out of bread-making - you simply have to put all your ingredients into it and this clever machine will do all the mixing, kneading, proving and baking automatically.

This machine includes 12 different functions, allowing you to bake a whole range of breads. With the ARSHIA Bread Maker you can bake white and whole wheat loaves, French bread, sweet breads, classic fruitcakes, gluten free bread, and among many other recipes. You can even use the machine to make doughs, including pizza dough (imagine perfecting your pizza-making at home this summer!)

This bread maker automatically keeps the bread warm for one hour and comes with a 13-hour programmable timer with an LCD display, a cool-touch exterior, stainless steel body and a control panel. Baking bread at home has never been easier!

*Enter the competition today to be in with a chance to experience baking your own favourite bread with the ARSHIA Bread Maker.*

## WIN! AN ARSHIA 7-IN-1 BABY FOOD PROCESSOR, WORTH AED 269



The ARSHIA Baby Food Processor 7-in-1 is a quick solution for busy mums with babies who are at the stage of eating solids. The 7 functions include: Steaming, Blending, Chopping, Defrosting, Reheating, Bottle Warming and Sterilising. Everything you need is right there in one machine!

This machine is made with the needs of babies in mind and it allows you to chop ingredients to make fresh and nutritional baby food portions anytime you need them. Use the ARSHIA Baby Food Processor 7-in-1 to make-ahead a batch of fresh baby food for the freezer, and then use it to quickly defrost, steam and blend. The machine's 7 functions solve a variety of baby food cooking needs and is suitable for all kinds of vegetables, fruit, meat, chicken, and fish. The sharp blades will create a smooth puree, with no particles. The large capacity fits most milk bottles, which you can either heat or sterilise within 3-4 minutes. The unit will auto power off after the whole process and comes with a self-locking switch for safety.

*Enter today for a chance to win!*

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





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