

ISSUE 133 | JULY 2022 | DHS15

# Mother Baby & Child

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EVENT JUST FOR  
NEW DADS**

**SUN SAFETY  
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## EDITORIAL

EDITOR: Kay Marham

Kay.Marham@cpimediagroup.com

05 67 68 62 68

DEPUTY EDITOR: Ella Naseeb Ryan

## ADVERTISING & SPONSORSHIPS

Mathew Tharakan

mathew.tharakan@cpimediagroup.com

05 05 34 95 94

## MARKETING

marketing@cpimediagroup.com

## DISTRIBUTION & SUBSCRIPTIONS

info@cpimediagroup.com

## DESIGN

Froilan A. Cosgafa IV

## FOUNDER

Dominic De Sousa

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## HEAD OFFICE:

Office 1307, DSC Tower,  
Dubai Studio City, Dubai, UAE  
P.O. Box 13700  
Tel: +971 4 568 2993  
Email: info@cpimediagroup.com

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# EDITOR'S LETTER



## Hello Mum!

As you can see, this is a very special edition of Mother Baby & Child, as it's the first time we've featured a man on the front cover! And not just any man - it's a new father. When pregnant, many women have concerns such as fear of birth, how to handle work life, whether they will be a good mother and how to look after a newborn. So it can be no surprise that new fathers-to-be also have secret concerns. The difference is that in general, men tend to communicate these fears and stresses much less than women.

Many husbands are the main support system throughout their wife's pregnancy, so quite often, they may not want to burden her with their own secret worries about finances, fatherhood and the huge change of lifestyle that is coming. For this reason, we're holding a very special free breakfast event for dads-to-be for them to gather information and insights into the journey into fatherhood and help prepare them with the practicalities, as well as emotional aspects of pregnancy and fatherhood.

The free breakfast event, 'Preparing for Fatherhood,' takes place on Sunday 31st July in Mall of the Emirates, between 9.30am and 12 noon. I hope he'll be able to attend on this non-working day, but I'll need to ask your help in registering the husbands who are expecting a baby!

We'll be interviewing new dads who have been through the process live on the stage, as well as experts who can advise on how to support wives and get the home ready for a new baby in practical ways. The dads-to-be in the audience are also free to ask their own questions. We want this to be a safe place for dads-to-be to feel free to open up and air their concerns, doubts or worries. For this reason, we're not inviting couples to attend together for this one. However, we would like to have a table of ladies who are able and willing to help give pointers about how men can help support their pregnant wives. You can see all the details about this free breakfast event on page 28.

If you would like to pre-register your husband to attend, email me Kay.Marham@CPIMediaGroup.com and use the subject line 'FAST TRACK'. Don't forget to give his name and mobile number for the registration!

There's lots more for you to discover in this issue, including details of a lovely staycation experience for families and plenty of health and family wellbeing articles. Happy reading!

*Kay*

Editor

Mother, Baby & Child Magazine



## EDITOR'S PICK

### A LITTLE CONDIMENT GOES A LONG WAY!

Preparing amazing food is easy when you have great ingredients and sometimes you'll find that one flavour-packed condiment goes a long way in transforming or even creating a dish. Gourmet date connoisseur, Bateel offers an array of gourmet products including rich olive oil, condiments, spreads, balsamic vinegar, date syrups and other high-quality products, all crafted using the finest ingredients to help you create fine-dining quality dishes. Here's a taste of what you can expect from the range:

**Black Olive Tapenade:** The finest black olives and olive oil are used in this classic dip / canape ingredient of olives pureed in fruity, silky olive oil.

**Pesto Genovese:** Genoa in Italy is the home of pesto, and the Bateel version honours the tradition of using the highest quality cheese and basil. This is simply beautiful tossed through pasta, or mixed with cream to make a delicious sauce for fish, chicken or pasta.

**Chilli Peppers:** Created with the freshest, highest-quality peppers this gourmet product is the perfect way to fire up your spicy dishes.

*Check out the other gourmet goodies in the range at [www.bateel.com](http://www.bateel.com)*



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## EDITOR'S PICK

### HOME-MADE BARISTA- STYLE ICED COFFEES WITH A BRAZILIAN TWIST!

Who doesn't love a cup of top notch coffee? And not just the morning kick-start variety, we're talking about the refreshing iced versions as a summer cooler too! This summer, Nespresso makes it even cooler to cool down with its refreshing additions to the Nespresso Barista Creations for Ice range. With flavours that include the new Tropical Lime and Mint Sensations flavours, you've got your secret weapon to help keep the heat at bay right there.

Imagine how it feels to cool off with Nespresso's refreshing new flavoured coffees, Barista Creations Tropical Coconut over Ice and Exotic Liminha over Ice, inspired by zesty Brazilian flavours! These are joined by new innovative recipes to create the perfect, indulgent iced coffee moment in the soaring summer temperatures. Nespresso is also relaunching some of the brand's most popular summer blends, including the seasonal Barista Creations for Ice Black Coffees, the popular Barista Creations for Ice Coconut Flavour and the Tropical Coconut Flavour.

*Nespresso's thirst-quenching summer coffee recipes can be found at [www.nespresso.com/recipes](http://www.nespresso.com/recipes)*





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# THINGS • TO DO •



Art & museums; kids' petting zoo; a couple's overnight 'spa-cation' break; classic Italian-style family meals and more!



## HISTORY ON DISPLAY AT SOUK AL MARFA

Travel back in time and learn about the rich history of the UAE at Souk Al Marfa this summer. The waterfront souk and marketplace at Deira Islands has launched Museum Hub, featuring fifty different museums, showcasing some of the country's most precious antiques, paintings, tools, jewellery and much, much more. Take a step into the past and experience the fascinating heritage of this country for yourself!

Don't forget to give your other senses a treat while you're there, by browsing the rare tea and coffee collection or wandering through the aromatic perfume and oud exhibition. If you want to indulge your sweet tooth, then perhaps take a taste of the delicious chocolates and baked goods on offer, or even some traditional hand-made ice cream, prepared using the Arabic stirring method.

**Location:** Souk Al Marfa

**Hours:** 12pm to 12am from Sunday to Thursday, 2pm to 2am on Friday and 12pm to 2am on Saturday

**For more information, visit:** [www.soukalmarfa.ae](http://www.soukalmarfa.ae)



## ENJOY A SPA-CATION FOR TWO AT SLS DUBAI

Escape the sizzling summer heat and treat yourself to some bliss with a couple's spa-cation at the SLS Dubai. Book yourself in for a 60 minute LED Facial or massage for two and spend the night in one of the hotel's stylish Signature Rooms.

After check-in, make your way to the 69th floor to be utterly pampered, relaxing with an hour-long treatment in the tranquil oasis of Ciel Spa. Afterwards, enjoy the rest of the stunning spa facilities, including a state-of-the-art fitness centre, a steam room, a jacuzzi, an ice fountain and an experience shower. Let your stress melt away in the serene and peaceful surrounds of the spa as you unwind and recharge your mind, body and spirit. Be sure to take a dip in the beautiful rooftop pool at Privilege, before spending the evening in the luxurious comfort of SLS Dubai's Signature Room. Follow it up the next morning with a gorgeous breakfast at Fi'lia - the ideal end to this perfect retreat for two!

The spa treatment for two includes a one-night stay and Fi'lia breakfast for two, alongside use of the Privilege pool and spa facilities - all priced at AED 999, and available until 31st August.

**For bookings, call 04 607 0654 or +971 564 173887 or email [spa.reception@slshotels.com](mailto:spa.reception@slshotels.com)**



## 'SUMMER WITH THE FAMILY' SET MENU AT TORNO SUBITO

Take your taste buds on a culinary journey and discover the true flavours of Italy with the new three-course set menu available at Torno Subito, at W Dubai - The Palm. Set against the stunning backdrop of the Palm Jumeirah and Dubai Marina, Torno Subito boasts lovely Riviera views and is the perfect place for a laid-back experience. The menu, called 'Estate In Famiglia' (meaning 'Summer with the Family'), features plenty of fresh, seasonal ingredients and classic, crowd-pleasing dishes, bursting with traditional Italian soul.

You, your family and your friends will love their range of delicious antipasti, which include creamy Burrata, fresh Salmon Rolls, Pizza Marinara and Pizza Formaggi. Choose the delectable Rosetta Lasagna or perhaps, the traditional Ravioli with Ricotta and Spinach for your main course and finish off with the sweetest of endings, the Selezione di Gelati e Sorbetti - a perfect dish to cleanse your palate. Available at both lunch and dinner times between Monday and Thursday, it is priced at AED 149 per person, with kids under twelve eating for free.

**Lunch: 12:30pm-3:00pm | Dinner: 6:30pm - 11:30pm**

**To book, call 04 245 5800 or email [tornosubitodubai@whotels.com](mailto:tornosubitodubai@whotels.com)**



## SPEND A PAWSOME SUMMER AT FESTIVAL PLAZA

As part of Dubai Summer Surprises, throughout July, families and pet lovers can enjoy a unique indoor pop-up market at Festival Plaza, Jebel Ali, the community mall part of Al-Futtaim Malls. There is plenty to do for the whole family!

Don't miss the Petting Zoo, where little ones can befriend bunnies, tortoises, hamsters, goats, reptiles, and birds, for just 20 AED spend anywhere in the mall.

Why not bring your pup along for some Puppy Pilates, every Saturday at 10am, with a complimentary coffee and snack post-workout. The cost is AED 100 and 100% of its proceeds will be donated to the K9 Friends, a local animal shelter and adoption centre.

The mall is also hosting pet adoption days on Sundays from 10am – 4pm with many different animal organisations so families can come and meet their potential new furry family members.

A talented artist will be on hand to sketch caricatures of pets for free, so that you can take home a special memento of your Festival Plaza experience. Finally, throughout July, there will be lots of cash prizes weekly! With so much happening, this is one summer experience you don't want to skip!

**For more information, follow @dubaifestivalplaza on Facebook, Instagram and Twitter.**



## SLEEPOVER BRUNCH AT TH8 PALM

Calling all brunch fans! Treat yourself to an indulgent 'Sleepover Brunch', happening every Saturday at Th8 Palm. Book into the incredible buffet brunch at Envy and receive a luxury overnight stay for two, with breakfast and access to Fluid Beach Club. All for AED 898 without alcohol, or AED 1,098 with alcohol.

So, this summer, escape the city bustle and spoil yourself with a weekend of delicious food and drink, and a night spent in the lap of luxury!

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# •WELLBEING•



The Role of Vitamin D; Teen mental wellbeing; Managing summer screen time; Why kids tell lies; and much more this month!





# ENCOURAGING KIDS TO EAT FRUIT

*Fruit is an essential cornerstone of a good diet and a great food for kids to have every day. Here are some tips that will encourage your child to eat more.*

Fruit is incredibly healthy, containing plenty of fibre and a wide range of vitamins, minerals, and antioxidants. Colourful, bright, quick and delicious, it might just be the ultimate child-friendly super snack. So how can parents encourage little ones to up their intake?

## HAVE IT ON DISPLAY

Have you ever heard the phrase “out of sight, out of mind?” Well, the opposite is also true! When you buy fruit, don’t put it away from view. Instead, keep it visible, at children’s eye level and always a part of the kitchen scene. Seeing fruit regularly normalises it as a food choice and subconsciously creates more desire to eat some. So always keep fruit where kids will see it.

## COLOUR, COLOUR, COLOUR

All fruits are good for you but it’s best to eat a range as each fruit contains an individual set of nutrients. We hear about the importance of getting lots of vegetables into children but did you know that a variety of fruit is just as vital? For example, a mango is full of vitamin C, plenty of vitamin A, folate and copper whereas a banana gives a great hit of potassium and vitamin B6. So the bottom line is this - eat the rainbow when it comes to fruit and your child will get a wide spectrum of all the vitamins, minerals and antioxidants their bodies need.

## MIX UP THE FORMAT

If you have a fussy eater at home or simply want to keep things interesting for your kids, it’s good to know that dried or frozen fruit can be a great alternative. These are also less expensive than imported, fresh fruit and can sometimes be easier to source, depending on the type of fruit you want. Frozen pineapple or berries such as blueberries, strawberries

and raspberries are great in smoothies or as toppings for cereal, yoghurt or desserts.

Dried fruits like raisins, apricots and figs are higher in calories but contain a big dose of fibre, minerals and vitamins. Keep in mind that there is more sugar in dried fruit than normal fresh fruit so portion sizes should be smaller.

## USE THE “FRUIT FIRST” RULE

This is a simple concept but it is really effective in encouraging kids to eat more fruit. Essentially, the rule is that before allowing your child to have sweets, chocolate or savoury unhealthy snacks, they must eat a piece of fruit first. This has the double benefit of increasing their fruit intake and lowering their unhealthy snacking, alongside normalising fruit as a regular food option that they like to eat.

Overall, it’s wise to cut down your children’s intake of sugary fruit juices and load up on colourful, appealing fruit slices, berries, dried fruits and homemade smoothies. Get kids to pick any fruit they want in the shop, serve eye-catching fruit skewers as dessert or plate up new fruits alongside old favourites for afternoon snack time and soon, using these techniques, eating lots of fruit will become the new normal in your house.







# THE ROLE OF VITAMIN D

*Let's take a look at the importance of vitamin D in maintaining children's health, along with ways to increase their intake.*

## WHAT IS VITAMIN D?

Vitamin D is an essential nutrient that we need to build and maintain healthy, strong bones. Calcium is one of the main components of our bones. However, our bodies can only absorb calcium from food when vitamin D is also present. This makes it vital for everyone, but especially children, as their bones are still growing.

Vitamin D is good for more than just bone health. It's involved in many other processes within the body, even gene regulation. Being anti-inflammatory, neuroprotective and

antioxidant, it plays an important part of a strong immune system, proper muscle function and a healthy brain.

## WHAT IS DEFICIENCY?

Vitamin D deficiency is a health concern that affects around 1 billion people worldwide, with 1 in 2 people having less than the recommended amount. Because it is so common, it's a good idea to keep a close eye on your child and make a deliberate effort with their diet and lifestyle to help them get the amount they need.

Vitamin D deficiency can stunt a child's growth, cause muscle weakness, aches and pains, slow motor development and leave kids prone to bone fractures. It also leads to poor immune function and lower mental wellbeing - it really is an essential nutrient for children!

## RISK FACTORS

Certain factors may make some kids more at risk for deficiency than others. Let's take a look.



## Skin characteristics

Darker skin tones have lots of melanin, which offers some natural protection from the sun. It also means that it takes lots more sun exposure for that child's body to generate the needed levels of vitamin D. It's estimated that this kind of skin needs up to fifteen times more sun exposure to produce the same amounts of vitamin D. This range is so big that you should choose your approach based on each individual child's skin and this can even differ between siblings. Paler skin is sensitive to the sun, requiring much less time to synthesise vitamin D, but also far more at risk of burning and skin damage. Always be mindful of proper sun protection and your individual children's skin characteristics.

## Sun exposure

Unlike many vitamins, your child's body has the ability to create vitamin D internally. However, kids need direct sunlight on their skin in order for their systems to make vitamin D. This is because the sun's ultraviolet rays don't penetrate clothes, glass, dense cloud cover or heavy amounts of air pollution.

It's also possible for your child to receive limited amounts of sun exposure, even in a country as hot as this, if they spend too much time indoors or don't get enough sunshine on their actual skin. Sunshine is a really important source of this vitamin so it's important to make use of it!

## Body weight

The third of these factors is body weight. Studies have suggested that there is a close link between having a vitamin D deficiency and children with higher body fat compared to children with standard body fat levels, who did not have deficiency as commonly.

## Trips abroad

Spending an extended period of time abroad in a colder climate can increase the likelihood of your child developing a deficiency, especially if their body is used to the sunshine here!

## FOODS TO INCLUDE

It's unlikely that your child will get as much vitamin D as they require from food by



itself. That being said, it's still a great idea to load up their diet with plenty of vitamin D rich foods to supplement what they're getting from sunshine.

Foods naturally containing vitamin D include:

- ✓ Oily fish like salmon, herring, mackerel or sardines
- ✓ Mushrooms
- ✓ Egg yolks
- ✓ Fortified breakfast cereals
- ✓ Fortified milk and dairy products
- ✓ Cod liver oil supplement

## THE ROLE OF EXERCISE

Research indicates that kids who take part in regular exercise each week, like walking, running or cycling, tend to have better vitamin D levels. Encourage your kids to make the most of being out in the sun by doing some physical activity outdoors - a vitamin D double whammy!

## TACKLING DEFICIENCY

If you have concerns about your child's vitamin D levels or if you're pregnant and think you might have low vitamin D, it's best to visit your doctor. Your doctor can order

a blood test, which is the most accurate way to check vitamin D levels.

If the deficit is mild, you might be advised that your child simply needs to get a bit more sun.

If the deficiency is more severe, you may be advised to give your child a vitamin D supplement, in addition to sunshine.

## PREGNANCY AND BREASTFEEDING

Vitamin D is very important for pregnant women and those who are breastfeeding as the baby needs it for proper development.

A baby's vitamin D stores increase while they are growing in the womb but these levels go down after birth until the baby starts getting vitamin D from sunlight and diet.

Breastfed babies don't get much vitamin D from breast milk, as it doesn't contain much. This is why it's so important for a breastfeeding mum to keep her intake high. If her body is low on vitamin D, it's more likely that she won't be able to give enough of it to the baby. Infant formula contains more vitamin D, so formula-fed babies don't usually need any supplementation.

Using these foods and lifestyle tweaks, your child should be able to get plenty of this important vitamin! However, if you have any concerns or questions, speak with your doctor.

# SUPPORTING YOUR TEEN'S MENTAL WELLBEING

*Here are four tips on how to help your teen to navigate the times when their confidence, emotions or ambitions can be challenging for them.*



Being in your teens is a difficult thing. Young people must deal with school pressures, navigating friendships, the struggle for independence and discovering who they are as a person, as well as lots of tricky hormones! It's a time of great change and uncertainty which can be very overwhelming which is why it's hugely important to support your teenager's mental wellbeing.

## MAKE TIME TO TALK

It might seem like the last thing your teen wants but it is incredibly important to keep the channels of communication between you and your child open through this challenging time in their lives. Have a regular time to chat and spend it mostly listening instead of talking. Never dismiss your teenager's issues or feelings and always make it clear that they

can tell you anything during these chats and you will always listen without judgement.

## DIFFUSE CONFLICT TOGETHER

Conflict is inevitable during teenage years as this is a time when young people form their own version of themselves and establish an identity outside of their parents. However, managing conflict healthily can make a big difference. During moments of tension and disagreement, try to keep the following ideas in mind:

- Stay calm
- Listen to your teen's point of view - use phrases like 'I hear you, I hear what you're saying and I feel...' to acknowledge that you are taking on board what they're telling you

- Try to replace the word "but" with "and" to diffuse the argument into a discussion
- Take a time-out if needed - never discuss issues while angry
- Be transparent - honesty will show your teen that you are engaging with them in a more adult way and they will feel more seen, better respected and more likely to cooperate
- Reflect on conflict afterwards - think about better ways to resolve what happened and talk about your thoughts with your child so they can be involved in processing these ideas

## POSITIVE REINFORCEMENT

There is an abundance of benefits to praising your teenager. Receiving positive comments from a parent does wonders for their self-image, confidence and sense of self-esteem - all very big emotional pieces of their character that influence their experience of teenagehood. Remember to praise effort, not results. Always put the focus on their efforts and how hard they are trying as it will build up their self-belief rather than accidentally mounting the pressure they feel to succeed.

## BREAK DOWN GOALS

Once your teen has identified a goal that they would like to aim for, help them by breaking it down together into manageable, achievable steps. Goals can be anything from redecorating their bedroom to running a race. It doesn't matter! Just make sure to encourage them through each step and plan a celebration when they reach their goal.

Use these suggestions to support their mental wellbeing by telling them and showing them that they have your kindness, respect and unconditional support, regardless of what else is going on.

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# CHILDRENS' SCREEN TIME IN THE SUMMER HOLIDAYS

*Helping kids develop good habits around screen use becomes even more important during the school summer holidays, as they have more time on their hands!*



For children's healthy development, a balanced lifestyle with a variety of activities is key. These include fun pastimes such as reading, meeting friends, playing, creating and more. Screen time can be incorporated into this list, as long as it's in moderation. In particular, it's important to guard against screen time affecting children's sleep. Below, you'll find a number of tips that can help your child to develop in a well-rounded manner, without excluding screen use entirely.

## FAMILY GUIDELINES

You might want to set out some guidelines or rules within your household, to help your little one to gain a healthy balance of screen time and other activities. These guidelines can be presented in a gentle way that won't seem like a harsh restriction. This way is more likely to encourage your child to stick to them.

These guidelines can come in many forms. For example:

- How your child can use the device - for a creative activity or learning but not for gaming
- When your child can use the device - only after school, not during dinner and not until their homework is done
- Where your child can use the device - not in their bedroom, only where they can be supervised
- Age appropriate material - not playing or watching something appropriate for their age but not for their younger sibling, while that sibling is around

## LIMITED SCREEN TIME

Limiting the amount of time your child spends at a screen is fine, especially if it's done to help your child find a healthier balance with other things, like exercise or socialising. You can be reasonable with them, listen to what their needs are and explain to them the importance of balanced living.

Physical activity is one of the most useful contributors to a child's development. It helps their physical and mental health, their energy levels and their sleep. If they are getting some screen time, persuade them to take regular breaks and perhaps do something active in these break times. This can be introduced in ways that add to the fun! If watching sport, try to recreate one of the best plays of the game



(safely!) If gaming, how about running around to celebrate beating that last level? If it's a video, you could act out your favourite part together. All of these will combine physical activity with imagination and provide a healthy and enjoyable break in screen time.

## PLAY

Playing outdoors is great for children. It doesn't have to be focused on exercise to be good for them - fun should be at the centre of it all. Children love to play chasing, hide and seek and treasure hunts. If going outside isn't possible, your child can still get physically active indoors. Try dancing, obstacle courses or building a blanket fort (it's more tiring than it looks!)

## CREATIVITY

Children are probably the most creative generation and we should help them to engage with their own creativity. Try fashion shows, brain teasers, DIY crafts, drawing, painting, home experiments, writing and storytelling. These will aid your child's creative development, problem-solving and create memories that will last a lifetime.

## SOCIALISING

Screen time is no substitute for real life and that couldn't be more true when it comes to socialising. When a child plays with another child, it lights them up and inspires them. They will learn how to treat others, how to overcome

problems, how to share and how to act as part of a group. Children should socialise outside of school, so try to arrange playdates for them and help them to branch out and make new friends.

## NO SCREENS CLOSE TO BEDTIME

Children need much more sleep than adults. Studies have shown that using a device close to bedtime can have a negative effect on how easily your child finds it to fall asleep. So think about introducing a rule of no screens in the last hour or so before bed and watch as your child drifts off with no trouble.

## NO SCREENS AFTER BEDTIME

All phones and tablets should be kept out of a child's room after lights out. The temptation can be too strong for them and they may stay up well into the night messaging people or watching videos. They may also get woken in the middle of the night if they get a notification. None of this is good preparation for the day ahead so do try to keep the devices away after bedtime.

The internet is a fantastic tool for learning and entertainment. If it's used in the right way, it can be a valuable part of a child's growth. We can give our children a helping hand by showing them the benefits of a balanced and healthy lifestyle without banning screens completely. It will stand to them and enable them to make healthy decisions as they move through life.





# WHY CHILDREN LIE & HOW TO HANDLE IT

*When children play, they use their imagination to create scenarios. Telling lies is not a far cry from this and is a normal part of development in childhood. But how can parents handle the issue?*

Children might typically start telling lies from around three - the age by which they are experienced at play and are able to talk. But why do children lie?

Very young children do not have the same sense of morals as adults, so there are various reasons they tell lies, which include:

- Avoiding getting into trouble
- Testing your reaction
- Making a story more exciting
- Trying to fit in with their friends
- Making themselves look good to get praise
- Simply playing 'pretend'
- Looking for your attention
- Trying to get something they want



Children tend to tell more lies by the age of 4-6 years. They might get better at telling lies by matching their facial expressions and the tone of their voices to what they're saying. If you ask children to explain what they're saying, they'll usually own up.

As children grow older, they can lie more successfully without getting caught. The lies also get more complicated, because children have more words and are better at understanding how other people think. A typical scenario might include a child hearing about wonderful gifts friends received on their birthday and then pretending to others they have a similar gift at home. This is because they may want to avoid feeling lesser than their friends and are trying to fit in.

## TEACHING KIDS TO TELL THE TRUTH

Once children are old enough to understand the difference between something that is true and telling a lie, explain to them the importance of telling the truth, rather than simply berating them for lying. You can do this by emphasising the importance of honesty in your family and helping children understand what can happen if they lie.

### Things to consider:

- Have conversations about lying and telling the truth with your children. For example, 'What happens when you lie to a teacher about whether you did your homework?'
- Help your child avoid situations where they feel the need to lie. For example, if you ask your child if they spilled a drink, your child might feel tempted to lie. To avoid this situation you could just say, 'I see there's been an accident with the milk. Let's clean it up'.
- Praise your child for owning up to doing something wrong. For example, 'I'm so glad you told me what happened - let's sort it out together'.
- Be a role model for telling the truth. For example, 'I made a mistake at work today. I told my manager so we'll fix it'.

Pretending and imagining are important to your child's development, and it's good to encourage this kind of play. If your child is making up a story about something, you can

respond by saying something like, 'That's a great story, we could make it into a book.' This encourages your child's imagination without encouraging lying.

## DEALING WITH DELIBERATE LIES

If your child tells a deliberate lie, the first step is to gently let your child know that lying is not acceptable. In order to make them understand this properly, your child also needs to know why. You might like to make a family rule about telling lies.

The next step is to use appropriate consequences. When you use consequences, try to deal separately with the lying and the behaviour that led to it. For example, if your child drew on the walls and then lied about it, you might have a consequence for each of these things. But if your child is lying to cover up a mistake like spilling a drink, you might just decide to use a consequence for the lying and then clean up the mess together.

Here are more ideas to handle deliberate lying:

- Talk calmly with your child about how lying makes you feel, how it affects your relationship with your child, and what it might be like if family and friends stop trusting your child. This emphasises the difference between what happens if your child is honest and what happens if they're dishonest.
- Always tell your child when you know that they aren't telling the truth. But try to avoid continually asking your child if they're telling the truth.

- Definitely avoid calling your child a 'liar', as this can have a dramatic effect on their self-esteem that could last a long time. If your child believes they're a liar, they might as well as keep lying. You could say something like 'You're usually very honest with me, which is great because telling the truth is usually more important than what people lie about'.
- Make it easier for your child not to lie. You can start by thinking about why your child might be telling lies. For example, if your child is lying to get things they want, consider a rewards system that lets your child earn the things instead.

## WHEN KIDS LIE ABOUT SOMETHING SERIOUS

Sometimes children lie or keep secrets about serious issues. For example, children who have been abused or bullied by other children often lie because they fear that they'll be punished if they tell.

Here's what to do if you suspect your child is lying to protect someone else:

- Reassure your child that they'll be safe if they tell the truth
- Let your child know you'll do everything you can to make things better

Some children might lie frequently as part of a larger pattern of more serious, negative or even illegal behaviour like stealing or bullying other kids.

If you have concerns about your child's behaviour, safety or wellbeing, think about getting professional help. Talk to your family doctor for advice.





# A POSITIVE APPROACH TO FAMILY MEALS

*Family meals have a great impact on children, their relationships, grades and happiness.  
Here are some suggestions on how to create a positive atmosphere around mealtimes.*

Sitting down for meals as a family takes time, which is always in short supply for busy households! However, the benefits are well worth the effort.

## WHAT'S INVOLVED?

Regular shared meals could mean different things for different families. Some will sit down every evening together, some will have family lunch on the weekends. Regardless, the point is to deliberately create a lovely atmosphere that involves food, bonding, chatting and staying connected. This only gets more important as your children get older!

Family meals are also great for teaching kids about food, norms and traditions, like encouraging fussy eaters to try new things or getting healthy food into younger kids.

Parents can use family meals to set the right example, modelling behaviours you would like your children to have, both socially and towards eating. This could range from managing cutlery and pouring water, to listening to the conversation or taking turns to talk.

Studies indicate that kids and teens who share family meals often, thrive in many other ways, including mental wellbeing, physical health and grades at school. There really is no doubt that family meals are a positive idea! So how to go about making them as enjoyable as possible?

## TAKE PART TOGETHER

The secret to getting your kids to eat the meals you prepare is to involve them in the prep! This is especially true of picky eaters and younger children.

Set young kids up on 'washing duty' - washing salad ingredients, vegetables, fruit etc. They are also able to help by setting the table and maybe even decorating it as they like.

Older kids and teens can actually assist you with the cooking and perhaps even with coming up with new recipes to try. This is a really natural way to teach your little ones to make food and show them skills they will use throughout their lives.

## THINK OUTSIDE THE BOX

A great way to add excitement and adventure to family meals is to use your imagination and do something different. When everyone



is available, mix things up with fun food ideas or changing the location. This could look like planning something particularly decadent for a lazy weekend breakfast, such as french toast or granola, curd and fruit.

Another happy idea to switch things up and give everyone something to look forward to, is to have a picnic. This could be in the local park, in your own back garden or wherever you like really, even indoors on the floor with a blanket!

On the food front, try themed meals. This is a meal built around a concept, whether it be every dish has to be a different colour or perhaps the food all comes from a specific country, like China, Italy, India etc. This can also be a really nice way to tie in with whatever language your older child might be learning at school.

## USE POSITIVE REINFORCEMENT

If you see your kids using their cutlery well, being polite, showing nice manners, tucking into new foods or being generally well behaved, be sure to praise them generously.

If you can, try not to link food with punishment or rewards, such as 'if you finish your peas, you may have some chocolate'. This can make your child less interested in healthy foods, viewing them as something they have to endure rather than something they quite like.

## MAKE CONNECTION A PRIORITY

These meals are the perfect opportunity to stay up to date with everybody's news and goings on. If your child struggles putting their day into words, ask questions! Kids often find

questions easier to answer - just make sure to avoid asking ones with yes/no answers. For example, try saying 'What was one interesting thing that happened during the day'.

If your child is shy or quiet, don't push them too much to talk. They will still get so much social interaction simply by being with the family unit and listening to everyone else chat about their day. The most important thing is to make meals sociable, happy and fun!

## BE GENEROUS WITH TIME

Make sure not to rush family meals as this doesn't promote a relaxing atmosphere together. Kids generally need lots of time in a calm environment to eat a good portion, develop the ability to eat mindfully and try unfamiliar foods. Not rushing also gives you time to relax, catch up and enjoy your family.

Allow toddlers to move around a little if they find it hard to sit still for too long. However, it's better to only let your toddler eat when he or she is actually sitting at the table.

## SCHEDULE IT IN

It might sound basic and boring but this approach gives everyone notice and means the whole family is likely to be there. By building an activity into your existing daily, weekly or fortnightly routine (whatever works for your family!), there is a much higher chance that you'll keep doing it consistently. Try to leave all devices in another room to make this time even more intentional.

With these tips, family mealtime will become an enjoyable ritual for the whole family, building connection, social skills and sense of togetherness.



# •PARENTING.



This month we're  
inviting the husbands  
of pregnant mothers  
to a special event to  
help them prepare  
for fatherhood. (And  
lots more!)





# TACKLING BATHTIME FEAR

*Bathing can be scary for many toddlers. Here, we walk through steps to take to tackle this fear.*

Being in the bath is a strange sensory experience for babies and toddlers. They may feel worried by new sensations such as the abrupt change in temperature or the odd feeling of suddenly being able to float. Sounds like the gush of water out of the taps or the gurgle of water draining down the plughole can frighten little ones, as can the confusion of where the plughole leads.

Young kids do not grasp spatial logic well and may fear that they will be sucked down along with the water. Slipping under the water is also a common fear among toddlers. The feeling of getting hair washed or the sting of soap or water in their eyes may be distressing as well. Let's look at how to address these worries.

## HOW TO TACKLE IT

Be respectful of your child's worries and don't dismiss them. Make sure your little one feels heard and this in itself will be a comfort. Never force them into the bath if they are actually upset as this can fuel the fear of bathing. Take a calm approach and use your hands to gently hold their chest as this can help them feel more secure in the water.

A consistent routine at bath time can make things less anxiety filled for little

ones as it lets them know what to expect. Perhaps you always wash or towel dry in a certain order or maybe you have a special 'bathtime song' or rhyme that you say together with your child.

## HELPING KIDS FEEL SECURE

Here are some suggestions to lessen your child's worry around bathtime, including:

- Start with a sponge bath in the empty tub. Move on to a small amount of water and slowly increase the level over a few weeks
- Wait until your child is outside the bath, maybe even the bathroom, before you pull the plug as the noise can be scary
- Invest in a kid's shampoo, which is specially formulated to reduce stinging if it gets in their eyes. Some children like to wear swimming goggles to ease their stress around getting things in their eyes!
- Sing a special bath song - the routine and participation is grounding for kids.
- Don't feel obligated to bathe your child - showers are a good alternative if their fear is too great. Either hold your child in your arms or sit them on the shower floor with the water spraying away from them.
- Always, always stay in the room while your little one is bathing!

## AMPING UP THE FUN

Here are some tips to enhance bathtime fun:

- Use toys like bath crayons, squirty figurines and teacups
- Add bubbles for some excitement
- Sing songs, tell stories and play games together

Overall, remember to tell your toddler how well they're doing whenever they make a positive step with bathtime. These suggestions will go a long way in lessening children's fears, creating a happier, healthier association with bathing for your little one.

# SUPPORTING EXPECTANT FATHERS

*Even though they are not physically carrying a new baby during the pregnancy period, expectant fathers go through profound changes too and also need our support. Ahead of our first ever event specifically to support new dads, we look at some important issues.*

During pregnancy, many women believe that fathers have it easy while they are the ones who are going through the physical and emotional effects of carrying the baby. But while husbands and first-time fathers may not always show it, the profound effects of becoming a father can be huge.

While you have a fundamental physical connection to your unborn child, he does not, which, in some cases, can sometimes make pregnancy and fatherhood seem frustratingly abstract - something he can't connect to in the same way as you. He is expected to be the 'support system' for you, but he may not be

clear on what that means or exactly what he is supposed to be doing.

The psychological journey of pregnancy and childbirth is no less profound for the father than it is for the mother. He's worried about what kind of father he'll be, how he can afford having a child, how his relationship with his wife will change. And these are not minor issues - they often occupy a man's mind all through the pregnancy.

But as important as these issues are, a lot of guys have trouble talking about their fears and feelings, or coping with them. Here are some of these common fears:

## FEELING EXCLUDED

After the initial excitement of discovering that he's going to be a father, he may find himself feeling a little helpless while his partner is pregnant, or even after the birth. While you're picking out maternity clothes and your friends or family are rallying around you and you're being congratulated at baby showers, he does not have these rituals where he is around supportive people with whom he can express his concerns.

This lack of focus can make many men feel a little shut out. What often happens is that some fathers can end up feeling excluded from early in the pregnancy and can feel progressively left out as the pregnancy

goes on and after the child is born. It's not because their wives are pushing them out, it's usually because some men end up excluding themselves, however unintentionally.

## THE IMPORTANCE OF COMMUNICATION

There's no question that some dads-to-be and even experienced fathers can feel alienated from the pregnancy and birth process, but the most important way to prevent this estrangement is to have an honest and open relationship with their wife.

While expectant fathers may have secret anxiety or worry, they may be reluctant to tell their wives about it because they don't want to worry her. Another reason is that they might







feel silly for burdening her with what he thinks are trivial worries is she feels physically unwell.

For example, it's common for expectant fathers to become worried about the family's finances, especially if their wives have been working and will be taking time off.

### **GETTING INVOLVED IN THE PREGNANCY**

New fathers-to-be need to stay involved in the pregnancy! For instance, they should be accompanying their wife to at least some of the doctor appointments, even if they may feel a little awkward being there. It's important that men do not surrender their position as active and involved fathers.

If they give into their fears about fatherhood

and hang back, burying themselves in work and letting their wife go through the pregnancy and take care of all of the childcare, they may end up feeling more like a babysitter than a parent.

Being more involved earlier can prevent this from happening and studies show that the earlier guys get involved, the more involved they are as parents for the long run.

### **FEAR OF CHANGING PRIORITIES**

New fathers can sometimes have trouble imagining the changes in their freedoms, hobbies and leisure activities they enjoy. Taking care of a baby and becoming a full-time father demands that all the things that have made up their lives so far will change.

Some husbands who are not yet parents might fear that parenthood is the end of one particular style of life, but what they will eventually come to realise is that fatherhood often opens up a wider, more comprehensive and much more fulfilling view of the world. However, in the meantime, it is crucial to understand that expectant fathers need support too.

### **SUPPORT EVENT FOR NEW DADS - SUNDAY 31ST JULY IN DUBAI**

Feeling understood will make everything easier for a first time expectant dad. So where can your new or expectant father find support?

Mother Baby & Child is holding its first ever free breakfast event only for dads-to-be on Sunday 31st July, in Dubai's Mall of the Emirates, from 9.30am to 12 noon.

New dads will be sharing their experiences, experts will talk about the practical aspects of getting the home prepared for a new baby and healthcare professionals will discuss the common worries first-time expectant have, as well as ways to communicate and manage their fears.

**See overleaf for all the details!**

### **Play your part in supporting new dads!**

**PLEASE NOTE:** This is an event for new dads only, but there is just one table reserved for mums who'd like to take part in the discussion to help highlight some of the issues where they would have appreciated support during their pregnancy. The ladies' table is there to help dads-to-be to understand what they can do to help and support their own wives!

Places for ladies are very limited, but if you would like to contribute to the discussion and play your part in helping to support new fathers as part of the event, please email the Editor directly, as below:

**Email:** Kay.Marham@CPIMediaGroup.com

**Include the Email Subject Line:** Ladies Table

**Please include:** Your name and mobile number; and the number one thing you feel new dads-to-be should know!



# NEW DAD'S PARENTHOOD & BABY CARE EVENT

**FREE BREAKFAST EVENT**

Sunday 31st July, Mall of the Emirates, Dubai

*This event is to help prepare NEW DADS for fatherhood and we need your help in asking your husbands to register and attend this free breakfast event!*

Expecting a baby and becoming parents for the first time is exciting and joyful - but it can also be unsettling and even intimidating! For both expectant mothers and fathers.

While all the attention seems to be on the expectant mother, what about the men?! How are they really feeling? What are their fears, stresses and worries? Is anyone focusing on supporting new fathers to help prepare them for parenthood?

The answer is YES!

## SUPPORTING NEW DADS-TO-BE

We're holding a free 'dads-only' breakfast event on Sunday 31st July, specifically to support fathers in understanding:

- what to expect and how to support his wife through pregnancy
- the stresses and worries of new fathers
- how to prepare for the birth of the baby
- what kinds of products and equipment you need to prepare for the baby
- managing the early week of the baby's life

This is a safe place to address any secret worries that men don't want to burden others with.

## NEW DADS DON'T ALWAYS SHARE THEIR WORRIES!

Guys don't always open up and tell you how they really feel, especially during the massively life-changing event of parenthood. Many first-time dads-to-be don't want to worry you or feel like they're showing weakness by admitting to worrying about being good enough as a father, or being anxious about how their lives will change.

At this free breakfast event, dads-to-be can listen to a live interview with the experts, as well as new fathers about what to expect during pregnancy, birth and baby time, how to handle it and their experiences. These guys will likely highlight many of the inner thoughts that first-time dads-to-be are thinking - and all our new dads are welcome to ask questions in a safe environment for them to talk.

This event is to help prepare fathers-to-be to navigate the journey of fatherhood, understand how best to support their wives, boost their confidence and prepare them to be great dads.

***If you're pregnant or have recently had a baby, we'd love to support you by asking you to encourage your husband to attend this free breakfast event for dads-to-be. It's on Sunday 31st July, between 9.30 am & 12 noon.***

## WHAT CAN NEW FATHERS CAN LEARN AT THE EVENT?

- Make sense of their own feelings and the stress of this new responsibility
- Better understand their wife's emotions and needs through pregnancy
- Understand the best ways a husband can help and support her and the new baby
- What to prepare and do when the baby is due to arrive
- Find out how to set up your home and prepare to bring the new baby home
- Find out more about essential baby care items and products to care for newborns
- Ask questions to new dads and experts, in a safe environment
- Feel confident and in control of this new chapter of a man's life!

If you feel that your husband can benefit from a guys-only environment to become more confident about being there for you during your pregnancy and preparing for fatherhood, please ask him to register for this free breakfast event.

## PLEASE NOTE:

- The Breakfast event is free for fathers to attend, but places are limited, so it's better to register early to ensure your husband's place.
- This is a father's only event - we're trying to keep ladies out, so they have a comfortable environment to talk about any concerns.

He'll meet other guys in the same position as him and benefit from lots of helpful information.

## EVENT SCHEDULE

**9.30 am:** Arrive at the Dubai venue & Register

**10.00 am:** Editor's Opening Address

**10.05 am: Interview: Two New Dads Who Have Been in Your Position!**

*On-stage interview with two new dads about their feelings and experiences going through pregnancy, birth and the early weeks of life with a new baby.*

**10.30 am: The Practical Things You'll Need to Prepare**

*Parenting experts advise you on all the practical things you need to prepare, such as how to choose a car seat; the safety considerations of the baby crib; the equipment you'll need to prepare for a new baby and more.*

**11.00 am: Interview: The Secret Worries of a New Father-to-Be**

*On-stage interview with a leading psychologist to highlight secret fears and worries that many dads-to-be experience - and how to make sense of it all!*

**11.25 am: Explaining Baby Equipment!**

*What kind of baby bottle should you use? How do you care for a newborn's skin & hair? How do you make sure everyone gets the sleep they need?*

*An intro to the other expert guests you can talk to at the event to get the advice and answers you need!*

**11.25 am: Q & A Session for New Dads to Ask Your Questions to the Experts**

**11.55 am: Closing Address by the Editor**

## PRE-REGISTER YOUR HUSBAND FOR A FAST-TRACKED & GUARANTEED PLACE!

If your husband is sure he can make it to the free breakfast event on Sunday 31st July, in Mall of the Emirates (between 9.30am - 12 noon)...

1. Email the Editor directly at: Kay.Marham@CPIMediaGroup.com

2. Use 'FAST TRACK' as the email subject line

3. Give your husband's name, email address & mobile number





# THE BENEFITS OF POCKET MONEY

*Giving kids pocket money is a personal choice, but there are a number of benefits in terms of teaching children essential life skills. Let's take a look!*

Earning even a small amount of money can benefit kids, even from an early age, as it teaches them the value of money and how best to manage it. Having a small amount of money comes with inbuilt choices in relation to whether they can spend it right away, or learn the value of saving.

## **Money management**

If your child decides to save their pocket money to buy a specific item or experience, the act of saving teaches them to have goals, delay gratification and earn the things they desire.

## Learning about financial consequences

We all make mistakes with money and children are no exception. Part of learning financial maturity happens when we lose money or spend it poorly and feel the pain of it. Allowing your little ones to mess up with small amounts of money like this and experience the consequences is a great life lesson that shapes their understanding around money.

## A sense of independence

Having a little bit of their own money is a wonderful way to foster a sense of independence and responsibility in your child. It affords them the opportunity to make choices for themselves sometimes and get to know what they want and like.

## WHEN TO BEGIN

Once again, this is up to your judgement. Your child could be at the right stage for pocket money if they can grasp that:

- Money is needed to purchase things
- Spending everything now still means you must wait until the next payment
- It's good to save some money for later rather than blow it all, simply because they have it

## THE "RIGHT" AMOUNT?

Tailor the amount of pocket money you give your child to what you have in your household budget to spare, what you personally feel is reasonable and also what level of financial freedom or spending power you are comfortable giving away to your child.

Base your choice on your child's age, emotional maturity, what chores you they are required to do in order to earn it and your spending expectations (what the money has to cover).

The amount doesn't matter in terms of the benefits and lessons that pocket money allows children to learn - it's simply about having some.

## HOW TO SPEND IT

There are no rules for this, except that you should always be aware of what your child is buying. Ideas of how they could spend their money include:

- Particular games or toys
- Decorations and posters for their room

- Cinema tickets
- Presents for family or occasions
- Lunch or dinner out as a treat

## WHAT CHORES TO CHOOSE

There are two options when it comes to chores. One approach is to expect everyone to participate in the household chores simply because they are members of the family and not because they're getting money for it. This avoids any bargaining about how much money each job is worth.

Another approach is to pay children to do household tasks to avoid simply giving them the money. It also has the benefit of motivating kids to do their chores on time!

If you pick this way of doing things, it can be helpful to explain exactly which tasks should be done and when, along with the amount of money they will receive for doing them. This makes sure the tasks have to be carried out regularly - say weekly or each Sunday - and trains your little one into the habit of earning their money.

There is no better way to do things, only the way that feels right for you and your family.

## MONEY LESSONS

There are many lessons little ones must learn in relation to money. Here are some ways your example and some pocket money can help teach them these important concepts.

### Be a good role model

Kids are mimics! They take in everything you do and copy it. This means they can form their relationship with money based on watching yours. This gives you the ability to show them aspects of money management simply by being a positive role model. Let them see you shopping around for better value or set spending budgets.

### Learning value and limits

Pocket money can show kids the value of money. Essentially this means the cost of items in comparison to each other. It will also school them to understand and accept that once money has been spent, it's gone. This ties into grasping opportunity cost, which is the knowledge that if you use the money to buy something, you are choosing to give up the chance of spending that money on something else.



## Earning and saving

Doing work for financial reward is a healthy model of work that helps kids to understand the effort involved in earning money. It also demonstrates to little ones that there is no such thing as simply 'getting' money without work. Putting money aside to save for a special toy or trip shows kids the merit of saving towards a goal.

## FINAL TIPS

Below are some last tips to bear in mind when entering the world of pocket money and kids:

- Discuss percentages that should be saved or can be spent in the present
- To help kids save, have a savings jar or box so little ones can watch their money 'grow'
- Don't allow yourself to be convinced to pay more than you want to, no matter how much your child tells you their friends get
- Agree on a list of things that your child has permission to spend their money on. Make sure they know what they are definitely not allowed to spend the money on
- Agree on a regular payday. Perhaps it's on Saturdays, maybe it's on the first Monday of the month. Just keep it consistent

Pocket money can help children learn a lot about managing their money and having household responsibilities. Above all, go about doing this in a way that makes sense for you and your family.



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# MAKING YOUR CHILD FEEL SPECIAL

*Raising a happy, self-confident child involves making sure that they feel like they matter to you and have individual worth. Here are five everyday ways to make that happen.*

Spending a little extra time each day letting your child know that they are special and deserve individual attention from you has a hugely positive effect on their self-esteem and sense of worth. Studies indicate that kids who feel loved and individually valued by their parents develop a stronger sense of personal identity and self-worth whereas those who don't receive this parental focus tend to act out in older years to negatively get their parents' attention.

The aim here is to communicate a sense of importance, meaning and unconditional love to your little ones. As time is in short supply for parents, these simple suggestions are designed to be included in your everyday routine.



## LOVE THEIR PASSIONS

Always show enthusiasm for whatever it is that they love. Whether it's a 'perfume' they made from the garden or how exactly they built their amazing LEGO building, make sure to listen intently and act excited. Engaging with their passions allows them to feel supported and important.

## THE RIGHT QUESTIONS

It's important to ask questions that show you care. So skip anything generic that might be answered with one or two words and go with something more specific, like "how was your geography quiz?" or "what's happening in your book?" The more nuanced the question, the more each child feels known and cared about as an individual.

## IT'S IN THE EYES

It may sound simple, but direct eye contact is actually a very powerful way to make a child feel seen and heard. It's easy to believe you can make the shopping list while also listening to your child, while also thinking about a work email. However, this may not be how your child views the same situation. Splitting your attention can leave your kids feeling like you're putting them second.

Next time your child is trying to tell you something, pause what you're doing and make sure to look directly at her or him so they know they have your full attention. If you can't stop what you're doing, say that to your child and ask for five minutes to finish. Be sure to turn up and listen at the time you've said though!

## TOGETHER TIME

Make some time to spend together intentionally each day. It can be as short as fifteen minutes of uninterrupted chatting. Try and leave your devices down and dedicate it fully to being present with your child.

## TRADITIONS

Create little rituals together. It can be as simple as making flapjacks together as a Sunday treat, or Friday evening movie nights. Whatever takes your fancy! These traditions build up a feeling of connectedness and quality time together, strengthening your bond.

Combine these tips with some regular affection - hugs, little kisses, or even high fives or fist bumps - and you should see your child's self-esteem blossom as they feel seen, heard and special to you.

# SUMMER HOLIDAYS.



In this section we  
look at ways to keep  
children amused  
during the summer  
break; sun safety;  
and maintaining  
their sleep routines  
while away.





# KEEPING YOUR CHILD SAFE IN THE SUN

*Overexposure to the sun can be dangerous for a child's health. Let's look at how we can best keep them safe, especially during the hottest months.*

The level of sun protection required for children changes with the seasons because the amount of UV radiation varies throughout the year.

## WHAT IS UV RADIATION?

UV radiation is a type of wavelength emitted by the sun that we can't see. It is strongly linked to skin cancer and eye damage so we must all be vigilant to avoid too much of it and this is especially true of children.

UV radiation levels tend to peak around noon when the sun is highest in the sky. As a rule of thumb, always check the local UV levels and protect your child accordingly. The general guidelines for each UV level are as follows:

### UV Level 0-2 (Low)

Only minimal protection is required. If it's particularly bright, pop a pair of sunglasses on your child to cover their eyes and maybe apply some sunscreen if you're going to be outside for more than an hour.

### UV Level 3-5 (Moderate)

Be sure to take some precautions - cover up your kids' skin and apply sunscreen, particularly if you're going to be outdoors for more than 30 minutes. Around midday, remember to get your child to take cover in some shade as the sun is at its strongest.





### UV Level 6-7 (High)

At this level, protection is definitely required as the UV will damage your child's unprotected skin and cause sunburn. Try to limit time in the sun between 11am and 3pm and generally speaking, seek shade for your little one. Cover them up, apply sunscreen, and make sure they wear sunglasses and a hat.

### UV Level 8-10 (Very High)

Take all of the necessary precautions and be extra vigilant as any unprotected skin will be damaged very quickly at these levels of UV radiation.

### UV Level 11-12 (Extreme)

Take every precaution you can and try to avoid the sun completely in the middle of the day. When exposed, your child's unprotected skin will burn in minutes. Remember that white sand and other bright surfaces can reflect UV radiation and increase exposure.

### TAKE EXTRA CARE

With children, we always have to be extra careful as their skin is more delicate and vulnerable to UV radiation than an adult. So, keep babies under 12 months out of direct sunlight altogether and continue to take precautions with older children. You can't be too careful when it comes to UV radiation!

People often mistakenly think that their kids can't be exposed to UV rays if it isn't a sunny day but unfortunately, this is untrue. Your children can even get burned when it's overcast. So if you're planning a trip to the playground, it's always preferable and better to go early in the morning or late in the afternoon.

### SHADE

Shade will provide your child with some protection from UV radiation. The darker the shade the better as this means it is preventing the light from getting through.

You should continue to take the usual safety measures while in the shade because some amount of UV may still get through. If there is no shade close to you, consider making your own using an umbrella or sunshade.

### STROLLERS AND THE SUN

When you're taking your little one out in their stroller, use the canopy to create some shade to protect them. Avoid covering the stroller with a blanket in an effort to keep the sun off your child, as this can limit airflow and increase the temperature around them. Try to keep them shaded but with plenty of airflow so they can stay nice and cool.

### CLOTHES

One of the best ways to shield your child's precious skin from UV is by dressing them in sun-protective clothing. Densely woven fabric will protect their skin from the sun. You can check how protective it is

by holding it up to a light and seeing how much gets through. The less light that gets through, the better - just like shade! Cotton clothing is much cooler than clothing made from synthetic or acrylic fibres and loose fitting clothing will prevent your child from overheating.

## Swimming

When swimming, wetsuits are the best way to protect children from the sun while swimming or playing in the water. It's easier to get sun damage in the pool as the cool water can make it harder for your child to feel their skin burning. Also, water can magnify the sun's rays so we must be extra careful in those environments.

## Hats

A good hat will protect your child's head, face and neck from UV rays. Hats with a broad brim the whole way around offer the best protection. For babies, try to find a hat that is comfortable for them to wear throughout the day and while lying down. If the hat has a strap to secure it to your baby's head, make

sure that it is safe, has a safety snap and isn't a choking hazard.

Lots of children initially find hats uncomfortable and strange but they will get used to them before long.

## Sunglasses

A good pair of sunglasses with UV protection can be a great shield for your little one's eyes. Overexposure to UV can cause long-lasting damage to their eyes so it's important to be proactive.

## THE SUNSCREEN RULES

The first rule when it comes to sunscreen is to make sure to use plenty. Many people don't use enough and leave themselves open to UV exposure. When applying sunscreen to your child, make sure it's SPF30 or more, and apply it liberally to all areas that may be exposed to the sun. Sunscreen should be applied at least 20 minutes before going outdoors for it to be effective.

Check the label on the bottle to make sure it isn't expired and to see how often it needs

to be reapplied - it's usually every 2 to 4 hours. Sunscreen reduces the amount of UV exposure your child will experience but it doesn't completely prevent it. Shade and protective clothing are required too.

## Sunscreen for babies

For young babies, sunscreen isn't advisable. It's best to keep them out of the sun's path but if this isn't possible from time to time, dress them in protective clothing and try to keep them in the shade. For babies over 6 months old, there are some specialised sunscreens that are gentle on their skin. Test the sunscreen on a small area of your baby's skin first to make sure it's suitable and doesn't cause a reaction.

## Sunscreen for older children

Older children and teens often want slightly more independence and they won't want you to apply sunscreen for them. They are more likely to wear sunscreen if you get them their own bottle and check that they know how to apply it properly. You can talk to them about the importance of sun safety and make sure that they pack their own sunscreen bottle when going out to the pool or to the park with their friends.

## CHILDCARE AND SCHOOL

If your child is in someone else's care for a part of the day, whether it's child care, preschool or summer camp, it's worth checking what their approach is to sun safety. For peace of mind, you can apply sunscreen to your child before they leave and gently remind them of the importance of reapplying before they go outside during the day.

## SETTING THE RIGHT EXAMPLE

We often underestimate how much our children will mirror our behaviour. The same goes with how seriously we take sun protection. It's important that parents set a good example for children to follow so that they can be carefree and playful outdoors without worrying about sun damage.

By doing this and also following the practices and awareness discussed here, you should feel confident about your child and managing their sun safety.





# SUMMER ENTERTAINMENT IDEAS FOR KIDS

*In this article, we take a look at some relaxing and fun ideas for kid's summer entertainment.*

This year has been a busy one for kids as it's the first year in a long time that hasn't been as hampered by the COVID-19 pandemic. After all that hectic activity and rigid school routine, many children are reaching this summer quite tired and in need of the holidays. It can be a great opportunity to slow your children down a little, have some space to think and play, while letting them recharge.

However, summer break also brings a lack of structure to the days that can sometimes leave little ones fed up and looking to you

to provide some entertainment. It's hard to always come up with fresh ideas on the spot so here are some really simple ways to keep everyone occupied and happy.

## EXPLORE NATURE

There is something wonderfully grounding about being in nature. It is such a change of energy from the busy schedule of the school year. A brilliant activity for kids and parents together is to go for a nature walk in public

gardens or the local park. Discuss what insects, birds and plant life the kids find on their travels.

Maybe even bring paper and colouring pencils and take a few minutes during the walk to stop and sketch what they have seen and found. This is an easy and repeatable activity that is great for engaging their imagination and curiosity. It also gives everyone a chance to simply spend time together in a peaceful environment, appreciating nature and the break from screens.



## UNWIND WITH A BOOK

It might sound almost old fashioned, but encouraging your kids to slow down and relax with a good book is a great way to keep them busy for long periods away from any devices. It gives their bodies and minds a chance to truly unwind while keeping some of their academic skills sharp over the long summer break.

Books provide a wealth of entertainment as each one brings a new world to your child. The only obstacle is the habit of reading and this is something you should regularly encourage.

Little ones could have storytime with you, where you read books together out loud. For even younger children, playing with playdough or in a sandpit can have similarly meditative effects.

## ARTS AND CRAFTS

Many parents dread the question “can we do painting?” but honestly, arts, crafts and DIY can be a very handy and absorbing activity that keeps children entertained for hours at a time. There are also so many options for what to do that you can almost never run out of choices.

### Painting

Take advantage of the hot weather and (as long as the kids are carefully shaded!), put a large plastic sheet down outdoors (you don't have to worry about the mess as much!), provide paper, paints, brushes and water in a jar to clean between colours and suddenly you have the perfect afternoon activity for everyone to enjoy.

### Rock painting

Painting rocks or shells is a lovely idea that makes for a bit of colour and a personalised touch to flower beds, bookshelves and window sills.

### Plant pots and gardening

Painting terracotta plant pots is also a straightforward activity that engages kids with the garden. This could be a nice way to springboard into planting hot weather friendly plants or trees like the tropical hibiscus or frangipani, or perhaps a pop of colour such as a vibrant flame tree.

## Collage painting

This is a very interesting type of arts and crafts project where your child sticks a mix of media onto a stiff supporting surface, such as card or thick paper. The variety of materials could include bits of coloured paper, tissue paper, photographs, fabric, stickers, painted pasta shells or anything else you can think of! The result is often abstract but can actually be layered onto an outline of a drawing or shape. This provides endless fun, as each project can be so different from the last.

## BAKING AND COOKING

A great slow-paced endeavour that suits the unstructured days of the summer holidays is baking. It's a very rewarding activity for kids of all ages, especially because they get to taste the fruits of their labour at the end of it all. Simple treats to begin with include flapjacks, cereal buns, fairy cakes, cookies and scones.

If baking isn't your thing, feel free to try your hand at making ice-cream, kulfi, ice pops or dessert smoothies with your kids.

Children can also take part in making snacks or preparing dinner with you. Baking and making food teaches little ones important food handling skills and gives them experience in the kitchen. It can also be nice to create something satisfying together while

chatting and having a good time, all at a relaxed pace.

## CYCLE TRIPS

It's a summer pastime as old as time and for good reason. Taking bicycles out for an afternoon of sunshine and adventure is an active and adventurous way for kids to let off a little steam, use up excess energy and get some air.

## USING THEIR OWN INITIATIVE

Having said all of this, it's also important not to always have lots of suggestions on hand every single time your child says “I'm bored”. While this can initially lead to a bit of disgruntlement, the school year is heavily structured, day in, day out, without a break. It can be good for kids to have the space and encouragement over summer to actually think of a solution to their boredom themselves. It's a good opportunity to act on their own thoughts and ideas, use their imagination and figure out what they enjoy and don't like doing for themselves.

Combining their own initiative with a mix of the above suggestions from you and your kids should have a fun filled summer, making memories, exploring art, reading, cooking, the outdoors and developing a love of all these enriching activities.





# MANAGING THE SLEEP ROUTINE ON HOLIDAYS

*In this article we discuss ways to help you keep a handle on your children's sleep routine while travelling, so everyone can stay on track.*

Everyone deserves a holiday and travelling with your children can be such a wonderful and rewarding experience. There are, however, some things that should be taken into consideration to keep everything running smoothly.

One of the best parts of going on holiday is the chance to stray from the usual routine as there are less commitments and more freedom. This can become a problem when it comes to sleep for your little ones. As we know, sleep is a cornerstone for the health of your child and a good night's sleep can really set them up for the day. Travelling with children can be complicated for this reason but there are a few tricks to help them sleep as much as possible while you're on the move.



## SETTING OFF

Setting off on the right foot can help your kids avoid being overtired or undertired on the initial journey, as neither of these two scenarios is ever a good way to keep sleep routines going in unfamiliar places.

### Babies and young kids

It can be a great idea to set off on your travels at the time that your little one usually takes a nap. This won't guarantee that they will sleep through but try to make sure that they're freshly changed and fed for the best chance.

### Older kids

Leaving for your trip after your child has had a chance to play or run around will help them to settle down for the journey. Perhaps, encourage them to use the bathroom just before you set off and make them a snack too.



## LONGER TRIPS

If you're travelling for a long time, give your children a chance to get active so they're tired enough to sleep when bedtime arrives. The same applies to babies, so consider letting them lie on their mat or blanket and use up that extra energy! Do try to finish the activity at least one hour before bedtime though to help them wind down enough to sleep. On these longer journeys with babies, be sure to stop to feed as much as is necessary. You may just want to get to your destination so your baby is more comfortable, but they are much more likely to have a peaceful and restful trip if you make regular stops to feed them.

## SLEEPING IN NEW PLACES

Much like any of us, children often feel uncomfortable and struggle to sleep when they try to settle down in new or unfamiliar places. Here are some suggestions to make it a little easier for them:

- ✓ Bring your child's favourite toy and their blanket if they have one special to them. Something of theirs from home will help them stay calm and happy
- ✓ Stick to your child's usual bedtime routine to show them that even though they're sleeping in a different place,

other familiar habits are still the same

- ✓ Use a nightlight so they can see exactly where they are if they wake up in the middle of the night. A dark, strange and unfamiliar environment can be very scary!
- ✓ Show your child where you will be sleeping so that they know you're always going to be close to them. They will feel much safer knowing that they can come to you if they're worried in the night
- ✓ If they usually sleep in a cot, check if your accommodation has the ability to provide one for you or try to bring a travel cot with you.

While travelling, some parents are tempted to use medications that help children to sleep. This is definitely not recommended, unless advised by a doctor. There are many associated risks and it's much healthier for your little one to provide them with a comfortable, safe and soothing environment so that they will fall asleep naturally.

## TIME ZONES

If you're staying in the same time zone as home for the duration of your trip, it's easy to maintain your child's regular

routines for waking, meal times and bedtime. If you are travelling to different time zones, jet lag will become a factor. This may not affect babies and young children as much but it's still worth taking into consideration. In the run up to your holiday, you can adjust waking, meal times and bedtime to times closer to the appropriate times in the new time zone. This will make the change less of a struggle once you get to where you're going. Upon arrival, it's also important to get outdoors into the daylight to help your child's body clock change to the right time.

## FLEXIBILITY

With all that being said, one of the most important things to remember across any trip with children is to try to remain flexible. If they seem to be more tired than normal, set them up for an extra nap during the day, or maybe adjust your plans so they can sleep a little later in the morning. If they get hungry outside of meal times, they may still be struggling to adjust so don't be afraid to give them a little snack to keep them going until the next meal. While the routines are important for the comfort of your children, there's no need to be overly rigid. Remain adaptable so that you can help your children acclimatise at a pace that works for them too.



# GOOD LIVING.



This month we check out some inspiring Eid gifting ideas; summer skincare and competitions you won't want to miss!



Here, Ella Ryan puts the spotlight on summer skincare with her favourite picks for July.

## THEKÜR IS HERE!



There's a new kid in town! THEKÜR is an online beauty platform with a really interesting mission - to bring quality beauty products designed and formulated with people of colour in mind. They cater to the Middle East's melanated community but products for the wider population are also available, so there is something for everyone! The platform offers a personalised shopping experience, using data and science

to help shoppers identify the right product for them. This innovative new online shopping experience, which utilises human and artificial intelligence, gives customers personalised product recommendations among many interesting features.

For more information and to shop, visit <https://www.thekur.com>

# KEEP SKIN SOFT THIS SUMMER WITH JERGENS

Whether you're relaxing in the sun, out and about for Eid festivities or simply doing your day-to-day routine, Jergens' superb collection of moisturisers guarantees you soft and nourished skin, without any stickiness. One of my personal favourites from their collection is their Soothing Aloe Refreshing Moisturiser (AED 21.50) which improves skin tone, texture and luminosity, for soothed, refreshed skin, even after lots of sun! I also love their Ultra-Healing Extra Dry Skin Moisturiser (AED 21.50) which feels particularly indulgent! It contains a blend of vitamins C, E, and B5 which are all great for deeply moisturising and enriching the skin.

*Available at major hypermarkets and supermarkets including Panda, Spinneys, and Waitrose*



## TEA TREE POWER WITH THE BODY SHOP

This month, I want to let you know about The Body Shop's Tea Tree skincare and haircare range. Known for its naturally purifying powers, tea tree oil has always been a winner for blemished skin and oily hair – especially during the summertime. That's why The Body Shop has a whole range inspired by this wonder ingredient - with everything from cleansers, to masks, night lotion and scrubs on offer.

The range includes other potent ingredients such as salicylic acid, which is renowned for getting into pores and sucking out excess oil and impurities. A great way to prevent and banish blemishes! Hyaluronic Acid also helps balance the skin and not strip it of too much moisture! They also source Fair Trade Tea Tree oil from an amazing partner, Kutoka Ardhini, whose tea tree oil is sustainably produced, and helps empower farmers and local communities in Kenya. Pretty cool, right?

*The Tea Tree range is available in all The Body Shop stores and online at <https://www.thebodyshop.ae>*



# THE SCENT OF EID

*This month, I've compiled my favourite fragrances for Eid! I don't know about you, but I love using a different fragrance according to my mood, the time of day, or the occasion. With Eid-al-Adha right around the corner, I think indulging the senses with fragrance is a lovely, thoughtful gift to treat your loved ones to...or even yourself! So, to make things easier, I've put together my personal recommendations for both men and women. My guide offers plenty of options, with something to suit everyone!*

## MUGLER

*Woodissime Eau de Parfum (AED 559)*

A powerful oud with a fruity twist – the stand out ingredient is the Osmanthus flower which sits on a distinctively woody blend of cedarwood, patchouli, vetiver, sandalwood, and oud wood.



## ELIZABETH ARDEN

*White Tea Mandarin Blossom Eau de Toilette (AED 212)*

A fresh, citrusy scent that encapsulates a breezy, sunny day. Summertime in a bottle.



## CACHAREL

*Amor Amor Eau de Toilette (AED 108)*

Featuring blackcurrant, grapefruit and a coke aroma, this perfume is grounded by base notes of vanilla, cedar and musk. Full of charm, sandalwood and oud wood.



## DOLCE & GABBANA

*Velvet Desert Oud Eau de Parfum (AED 995)*

Dark wood and amber come together with soft musk to bring the sandy Middle Eastern desert to you.

## PRADA

*Luna Rossa Ocean Eau de Toilette (AED 280)*

Invigorating bergamot and the masculine elegance of vetiver and iris. Energising and smooth, this is a unique everyday scent.



## CLINIQUE

*Aromatics in Black Eau de Parfum (AED 515)*

A mysterious and alluring blend of refreshing fruit and exotic floral notes.





**CALVIN KLEIN***Eternity for Him Eau de Parfum (AED 238)*

Clean, elegant and crisp, this one is perfectly balanced, with woody notes.

**DIESEL***Fuel for Life Eau de Parfum (AED 305)*

An enticing blend of blackcurrant and pink pepper complimented by base notes of patchouli and amber. Rich and fruity!

**ESTÉE LAUDER***Private Collection Eau de Parfum Spray (AED 465)*

With hearty notes of ylang and orange flower, this fresh and floral fragrance evokes a sense of the sunny Mediterranean.

**DOLCE & GABBANA***The One for Men Eau de Toilette (AED 459)*

With top notes of grapefruit, coriander and basil coupled with a base of tobacco, amber and cedarwood, this is an elegant fragrance that boasts a distinctive woody aroma.

*All of these fragrances are available on [lookfantastic.ae](http://lookfantastic.ae) & [ar.lookfantastic.ae](http://ar.lookfantastic.ae).*

**THE SCENT OF FRESH FLOWERS**

I think we can all agree that the smell of fresh flowers are a 'scent-sational' fit for Eid Al-Adha! Perhaps you'd like a gorgeous flower arrangement to make your home warm, welcoming and bright. Or you simply want a beautiful bouquet to give your loved ones. Whatever you need, Flowers.ae has you covered this Eid! You can get your hands on a bunch of traditional velvety hand-tied roses, a stunning vase of elegant orchids, a sophisticated box of pretty lilies or a mixed assortment of vivid blossoms from the huge selection they have on offer.

*Check out the full range on [Flowers.ae](http://Flowers.ae)*



Rixos Bab Al Bahr in Ras Al Khaimah

# THE PERFECT FAMILY STAYCATION THIS SUMMER

*Maybe it's time for a little family break! Here's why we recommend the Rixos Bab Al Bahr RAK as our perfect family staycation spot this summer.*

As much as we'd all love to take a holiday, maybe the travel chaos in Europe is too off-putting. Maybe you're not due enough holiday time from work this month. Maybe the children are too small for all the hassles of airports. If any of this sounds familiar, we have an amazing staycation experience to share with you that will change the way you view this summer!

It is Rixos Bab Al Bahr in Ras Al Khaimah, a very special all-inclusive family resort that has a powerfully relaxing and happy effect, regardless of whether you stay for one night, two nights, or a mini break.

It only takes about an hour and 15 minutes from Dubai and within 20 minutes of leaving the city, you'll find yourself driving through the beautifully serene red dunes of the desert, with a real sense of excitement and holiday adventure. The only traffic might be a few clusters of curious camels dotted along your route, who'll lazily meander across the road and take a peek in your car window. Imagine how thrilled and delighted the kids will be by that! And very soon after the camel-spotting, you'll be at the resort.

## CREATING FAMILY MEMORIES

Situated on the pristine white sands on the peaceful Marjan Island of Ras Al Khaimah, the Rixos Bab Al Bahr RAK is brilliantly designed for relaxing family fun that suits children of all ages and families who enjoy all levels of activities...and relaxation!

## Pampering, sports, entertainment, games & activities

Whether you want to enjoy a perfect beach; indulge in a pampering spa treatment; enjoy a long lazy lunch while your children are having a thrilling time in the safety of the numerous activity areas; enjoy breathtaking and unmissable nightly entertainment shows; beach games like volleyball and football; diving or watersports; or you simply want to enjoy a carefree time chilling together in a beautiful, relaxing location - you'll find exactly what you want and create some very special family memories at Rixos Bab Al Bahr RAK.





## A PICTURE PERFECT HAPPY FAMILY BREAK

Upon arrival, it's fun to take a stroll around the resort, which feels like it's laid out in the style of a holiday village with little laneways and new things to discover around every corner. The restaurant area feels like a little harbour village street with a wonderfully tempting choice of restaurant options

### Relaxation

If you take a walk and cast your eye around the Rixos Bab Al Bahr resort, you'll see little kids busy making sandcastles in the soft sand; families enjoying snacks while their children buddy up to play; jet skis buzzing around out in the sea; smiling friends playing beach volleyball games; people taking a relaxing dip in the warm shallow shoreline; couples taking a stroll at the water's edge and clear blue sea stretching all around you. Visiting the resort, you'll find scenes of picture perfect happiness with people of all ages happily enjoying themselves in this little slice of holiday paradise and relaxation.

### And...lots of activities!

If you enjoy an active vacation, there is beach yoga all through the day, a state-of-the-art gym, lots of watersports options, a variety of pools around the resort and the coolest beachside gym you'll ever see - it's crafted from natural wood and provides the most memorable location ever for an outdoor gym workout!

## FACILITIES & VARIETY FOR CHILDREN

On your staycation, you'll notice happy, busy children of all ages all around. You may see them excitedly jumping in the family pool, climbing on the frames and slides of the play area, playing in the sand, or hard at work in the kids' activity centres. You'll also find a dedicated teenagers' games lounge where your teens can hang out, play games and make friends - or even play solo on the screen games.

The Rixos Bab Al Bahr RAK has vibrant, well-equipped, colourful supervised play

rooms for all ages of children that include all manner of fun and creative activities, including pizza-making and painting - they even get their art displayed for their parents to see their achievements. (These will be a treasured souvenir of your vacation trip!)

## THE FOOD. AHHH, THE FOOD!

Put simply, the food choices for breakfast, lunch and dinner have a multitude of dishes to suit every cuisine and dietary taste and preference - and the quality and freshness of every serving is second to none! Whether you're in the mood for a little food adventure trying a variety of international cuisines; or you'd like to savour the exquisite delights of the authentic Turkish, Italian or Asian a la carte restaurants, you'll enjoy outstanding quality and delicious dishes here. Perhaps you'll choose to indulge in fresh seafood, or look forward to savouring the perfect steak and grills. Whatever your choice, the food experiences, together with thrilling dinner entertainment shows at the Rixos Bab Al Bahr RAK will be memories your family will remember for a long time!

With the school summer holidays stretching out before you, Rixos Bab Al Bahr offers you the perfect family summer experience, all-inclusive to residents across the UAE.

***To book your stay and check out the summer deals, visit: <https://www.rixos.com/en/eid-al-adha-rixos-bab-al-bahr>***



# COMPETITIONS

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

## WIN! A VOUCHER TO SHOP LENSKART'S NEW HOOPER SUNNIES COLLECTION, WORTH AED 500



Summer just got a whole lot cooler for kids! Enter this competition for a chance to win a gift voucher worth AED 500 for Lenskart's newly introduced Hooper Sunnies collection. The exclusive sunglasses range is perfect for chic children looking to express their personalities.

With style, comfort and durability as the main focus of this collection, these trendy shades are break-proof and feature sun-safe UVA- and UVB-blocking properties. Your children can wear their vibrant sunglasses all through summer break, if you're the lucky winner!

## WIN! A GIFT VOUCHER TO SHOP ON THEKÜR, WORTH AED 500

THEKÜR is a modern beauty technology retailer offering a personalised shopping experience using data and science to help shoppers identify the right self-care products for them. THEKÜR provides natural and effective skin, body and textured hair care products to quality-conscious customers across the GCC.

The brand sources solutions and brands specifically for the underserved communities with skin of colour and those with curly textured hair. With diverse products, specialist knowledge and advanced personalisation tools, THEKÜR marries technology, information and inclusivity for consumers. One lucky person will receive a gift voucher to shop on THEKÜR, so be sure to enter today!



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

## WIN! A PRIVATE CLASS OR WORKSHOP AT SEVA EXPERIENCE, WORTH AED 500

Get your journey started at SEVA Experience, a leading Yoga, Meditation and Holistic Wellness Centre in the Middle East. One happy winner will have an opportunity to experience a private class or workshop from experienced instructors in a tranquil setting.

Located on Dubai's Jumeirah Beach Road, the setting offers a range of services, classes, products and experiences in the area of modern wellness, for a balanced lifestyle and to support personal growth. Whether you are a beginner or an advanced practitioner, you can find something for yourself at SEVA Experience. Enter for a chance to win and find out for yourself!



## WIN! ONE OF TWO 5-DAY GYM PASSES AT CHALK TRAINING GROUND, WORTH AED 650 EACH

Chalk Training Ground, the avant-garde and progressive class-based gym, is giving two lucky winners the chance to win a 5-day gym pass worth of classes each. Having opened its first branch in Dubai on New Golden Mile 3, The Palm this past April, Chalk Training Ground features an array of fitness sessions that focus on strength and conditioning, high-intensity interval training, CrossFit, endurance training, functional circuits, maximal aerobic capacity and more.

The gym is designed to push participants to reach and grow their athletic potential and remove the boundaries around possibility and potential within the realm of sport and fitness. Go ahead and enter for your 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!*

# AND TALKING OF WINNING PRIZES...

*We'll be announcing the nominees and voting will soon be open for our annual Mother, Baby & Child Industry Awards and there are some great prizes to be won every month!*



## Monthly prize draw for voters!

Early next year, we'll be holding our first glitzy awards ceremony since the pandemic began, at the Ritz Carlton in Dubai's JBR. Every month, we'll randomly draw the names from everyone who voted that month, to win some really cool monthly prizes.

The prizes include staycations, family brunches, luxurious spa treatments, skincare & beauty products, product hampers, and much more.

## Want to join us at the gala awards night?!

The Mother Baby & Child Industry Awards will recognise the companies, brands, products, schools and organisations that YOU have voted for as being your favourite. There will be a celebratory drinks reception before the black-tie awards ceremony takes place over a sumptuous gala dinner.

The awards promises to be an amazing night of celebration, and the biggest celebration is to thank our mums, who are doing the most important role of all - raising the future of our community.

So, as a thank-you for doing the job that you do, for being you, and for voting, we'll have one table at the event especially for the most important VIPs...which is YOU! We'll be selecting 5 couples from our voters to take pride of place at a special VIP table to represent all parents, so the industry can recognise and thank you too.

## The Grand Prize: A luxury trip to the Maldives

On the night, one of the couples will find out who has won the Grand Prize of the awards - a fabulous break in the Maldives at a luxurious family resort.

***Look out on our social channels and website for the big announcement that voting is open!***



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