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Mother Baby & Child

**EVENT REPORT:
SUPPORTING
NEW PARENTS**

**HANDLING YOUR
CHILD'S REQUESTS**

**COMMUNICATING
WITH TODDLERS**

**SECRETS TO A
GOOD NIGHT'S
SLEEP**

**THE BENEFITS OF
HAIR OILING FOR
CHILDREN**

**WHY FAMILY
HOLIDAYS ARE
SO IMPORTANT**



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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

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P.O. Box 13700
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EDITOR'S LETTER



Hello Mum!

This is the last month of the summer holidays before school starts, so our cover story is about the benefits of family vacations to children, their development and their emotional wellbeing. If you're thinking about booking a holiday or a short break that really counts, check out page 46 to read up on the power of good it will do - especially on foot of two years of pandemic life.

For many kids, returning to school brings out plenty of anxiety and then there are other children who can't wait to get back into the classroom! It's a time to prepare your kids to start the new term as ready and as worry-free as possible. On page 37, we look at setting your child up for a successful return - how to tweak sleeping schedules and what to focus on in the weeks running up to the new school year. On page 40, we have some advice for mums of kids who are anxious about stepping back inside the classroom. I hope you find some useful pointers that can help give you and your children some peace of mind!

At the end of July, we held a very special free breakfast event to help support dads-to-be, so new parents could gather information and insights about the journey into fatherhood and help prepare men with the practicalities, as well as emotional aspects of pregnancy and fatherhood. The event was a safe place for dads-to-be to open up and air their concerns, doubts or worries, listen to experts and ask questions. Read all about it on page 25 of this issue!

We've included an article looking at the secret ingredients of a good night's sleep for kids (page 20) that will help give them the best possible rest - at every age. I'd love you to check out two parenting articles this month, delving into the tricky topics of communicating with toddlers (page 28) and handling your child's requests (page 30). Both have a tough reputation among parents, but you'll find some handy pieces of wisdom that should help make things easier to manage!

Now, you don't need me to tell you that motherhood isn't straightforward. As we all know, it can feel like there simply aren't enough hours in the day to juggle everything. Mums might worry that they don't spend as much bonding time with their little ones as they'd like, because of all the other demands on their time and attention. If this sounds familiar, do check out page 34, where I have some tips on making the most of 'together time', taking into account the lifestyle of a busy mum!

There's lots more for you to discover in this issue, including details of some great staycation options for families and plenty of health and family wellbeing articles.

I won't spill all the beans here and leave you to discover the magazine for yourself!

Happy reading!

Kay

Editor

Mother, Baby & Child Magazine

EDITOR'S —PICK—

STYLISH SUNNIES FROM THE GUESS X J BALVIN EYEWEAR COLLECTION

Well, isn't it sunny out there?! I'm sure I'm not the only one who finds these days incredibly bright...I never leave my house during summer without my sunglasses on! They protect my eyes from the relentless sunshine and lend a fashionable twist to any look - which is why the new GUESS X J BALVIN eyewear collection is the perfect little addition to my summer wardrobe.

There are two styles to choose from and the first pair in the collection caught my eye straight away with their glamorous bone white frames...very old-school! The second choice is a classic pair of glossy black sunglasses, perfect for any occasion.

Full of geometric lines and strong angles, these sunnies have a hint of Latin flair and a big personality. I love the metal red heart-shaped GUESS logo on each of the temples, giving the eyewear a high-end look that is offset perfectly by the lighthearted, custom-made J Balvin chain, designed with a variety of colourful, playful charms.



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EDITOR'S PICK

FRAGRANCE YOUR HOME WITH ZOFLORA

Keep your home fresh, clean and floral this summer with Zoflora's beautifully scented disinfectant products. Re-invigorate each room of your house with their wide range of disinfectants, that each carry their own signature scent to suit your every mood, or even match your favourite florals.

Not only do Zoflora fragrances fill your home with freshness, but the concentrated formula also makes sure you get rid of 99.9% of bacteria and viruses, keeping your family healthy and well!

I'm very happy to see that some of their best selling fragrances are proving to be some of the most popular summer scents this year. Why? I cannot underline enough the feeling of wellbeing that comes from having a delicate aroma in the kitchen, the bathroom - or even added to the washing machine for sweet-smelling clothes and laundry!

As the weather warms up, the Zoflora scents of Linen Fresh or Bluebell Woods lend an uplifting feeling of freshness for up to 24 hours at a time. An easy secret to sophistication is to quietly use these highly fragrant disinfectants to neutralise strong cooking smells, or even pet areas...for a home that always smells like blossoms or the crispness of spring.

And...if you're having guests over this summer for a barbeque or gathering, indulge them to a welcoming pop of fragrance as they enter your home. Honestly, the impact on the senses is such a treat and they are sure to comment on the beautiful aromas. Whether you prefer fruity, floral, oriental, woody or citrus scents - Zoflora has a scent for you!

Choose from the wide range of Zoflora's collection for just AED 39.90 at:
www.zoflora.me

Nespresso's thirst-quenching summer coffee recipes can be found at
www.nespresso.com/recipes





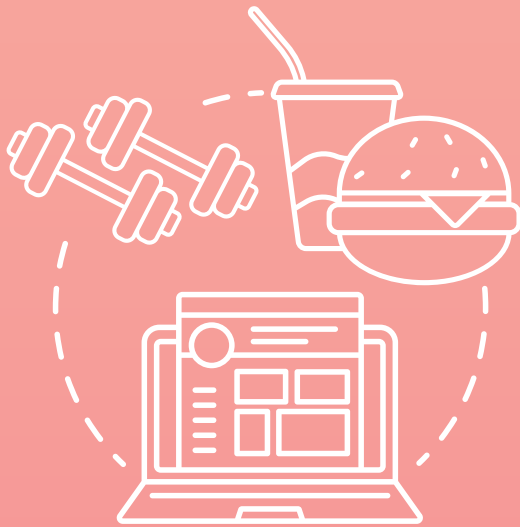
The New Bio-Oil® Skincare Oil (Natural) 100% Natural.



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THINGS • TO DO •



Here's a little run-down
of exciting city breakfasts
in Dubai this month...
and a relaxing high tea
experience.

THE BREAKFAST ROUND UP

Everyone loves a delicious breakfast experience, right? Well look no further because here is our round up of the best places to go for breakfast in Dubai this month!



KEEP IT CHIC AT ELLAMIA

Spoil yourself with a Parisienne style breakfast at EllaMia at SLS Dubai. From savoury snacks to sweet treats, protein shakes to coffee, and tea from the wonderful Mariage Frères - Paris, EllaMia allows you to indulge your sweet tooth in the beautiful surroundings of this sophisticated craft cafe. What's not to love, eh?! With crisp white walls, a dreamy French atmosphere and an ethos straight out of Los Angeles' coffee culture, this place is utterly charming. Don't forget to sample their freshly baked macaroons.

Time: Daily from 7am - 9pm

Price: AED 35 (on average)

To book, visit sbsdining.dubai@slshotels.com



GIARDINO'S BUFFET BREAKFAST

Our next pick for you this month is a delicious breakfast buffet, set in Giardino at Palazzo Versace. You will find so many tasty items here, from healthy options for those being good, to scrumptious international favourites, french pastries, a gluten free corner and a variety of fresh juices. The decor is beautiful, with a marble "terrazzo" flooring, impressive columns and a wallcovering inspired by the jungle motif of Versace's wallpaper collection. A real treat!

Time: Daily from 6:30am - 11am

Price: AED 190 per person or AED 95 for children up to 11 years

To book, email giardino@palazzoversace.ae or call +971 4556 8805.

HIGH TEA AT MOSAICO



For something a little different, why don't you and your friends try having high tea at Mosaico. Here, you can indulge in an assortment of finger sandwiches, fruit or plain scones served with homemade jam, clotted cream and lemon curd, a variety of pastries and a choice of Dammann Frères tea. How delicious does that sound?

Time: Daily at 10:30am - 6:30pm

Price: AED 360 for two people

Email mosaico@palazzoversace.ae or call +971 4556 8850 for more information.

UNWIND AT NOMAD DAY BAR

Nomad Day Bar at 25hours Hotel One Central is the perfect place to get a high quality caffeine boost and delicious food, at any time! It's an all-day café operated by award-winning local baristas, Nightjar Coffee Roasters. Located in the heart of One Central, this is a place to enjoy a tasty caffeine kick, some homemade pastries or maybe one of their colourful acai bowls - all while sitting in a lovely, laid-back atmosphere.

Time: Daily between 6am and 9pm

To book, call 04 210 2522





BOSPORUS RESTAURANT, JBR, DUBAI

Whether you are going for breakfast lunch or dinner, a trip to eat at iconic Turkish restaurant Bosphorus in Dubai's JBR, will give you memorable moments of an amazing food adventure.

By Kay Marham

One of the truest sentiments about food is the famous quote: "The people who give you their food give you their heart." And I can't think of a finer example than Bosphorus. I won't spill all their secrets here, but the unexpected theatre and drama with which the dishes are served - particularly the desserts - is an experience that everyone will remember for years to come.

Iconic Turkish restaurant, Bosphorus in JBR, is one of the best examples of a restaurant that not only delivers on fresh, delicious, expertly-prepared dishes, but also really goes the extra mile to transport you to the country of their cuisine. But Bosphorus also delivers so much more of a special experience too! If you enjoy going for a meal that provides utterly delicious food, a stylish adventure for the tastebuds, stunning presentation and perfection in service, then Bosphorus really needs to be on your list when you want a



truly memorable family meal out, or a guaranteed feel-good couple's date night.

APPETISER RECOMMENDATION

The choice of appetisers is so dizzying it's hard to choose! I recommend that you start with the Mixed Appetisers Platter - a colourful, visual feast of seven little dishes that look...frankly amazing, and taste even more delicious than they appear. You'll experience enticing colours, textures, freshness and flavours that instantly set the scene for the special meal to come. It's the kind of dish that you want to share

on Instagram, as well as share with each other! The appetisers are served with authentic Turkish bread that is so fresh from the oven it is puffed up into a hot football shape and is the perfect way to ease yourself into a relaxed adventure with the world of Turkish cuisine.

Turkish cuisine itself is a balance between the best of Mediterranean and Arabic cuisines, resulting in a fragrant and flavourful world of foods and ingredients that suit all tastes. But if you enjoy exceptional food on your evening out, you can opt for any of the main courses and be assured of exquisite presentation

and taste, regardless of whether you go for the grilled meats, seafood, burgers, wraps or even sandwiches. This means you can make your evening one of either a hearty celebratory meal together, or more casual food (which is also child-friendly), and still enjoy a fine dining experience, regardless of which you choose.

Whatever you do, make sure you save room for dessert - even if you end up taking it home rather than finishing it at Bosphorus! My recommendations are the Künefe Cheesecake and the Baklava with Ice Cream. Order both, share them and take home whatever you can't finish, to re-live the experience the next day!

The Künefe Cheesecake is not only a brilliantly successful modern take on the Middle Eastern classic dessert, but the addition of the creamy cheesecake element with the crunchy fine phyllo elevates this to something extremely special. The Turkish Baklava at Bosphorus is made with handmade phyllo pastry, sweet syrup, vibrant, fresh green pistachios and is served with a Turkish ice cream that is not too sweet and therefore balances this dish beautifully.

THE GOLD MENU

If you are really in the mood to celebrate something special, check out the special 'Gold Menu' of main course steak, burger, dessert and even the cappuccino that are all covered in gold leaf for a truly memorable dining experience!

The food and experience at Bosphorus is only possible when real heart, passion, pride and love - all the ingredients that make for wonderful family celebration, a date night treat to remember and a great way to introduce your children to the excitement of fresh foods, elevated into enjoyable, healthy dishes that will keep you coming back for more!

Bosphorus is open on weekdays from 8:30am for a wonderful authentic Turkish breakfast, through lunch and until 12am for dinner - and open at the weekends between 8am and 1am. To book, phone: +971 4 380 8090, or email: info@thebosporus.com

CHEF 2 CHEF.ONLINE: QUALITY FAMILY FOOD & INGREDIENTS



Chef2Chef.Online is an online food and grocery service that supplies the same high quality foods and ingredients to families as they do to top restaurants. The difference however, is that you pay ordinary grocery prices, not restaurant prices for the same ingredients!

It's no surprise then that Chef2Chef.Online is one of the best-loved food suppliers to people who love to cook, and families who make the kitchen the heart of their home. With the back to school season looming, Chef2ChefOnline helps mums to provide fresh, natural foods to their children for both school lunches and family meals. Below is just a small example of the foods available:

ITALIAN

A huge variety of restaurant-quality, fresh Italian pasta, hand-made by a real Italian mamma! These include: Ravioli (Porcini mushroom, spinach & ricotta, or 4-cheese flavours); Freshly-made and quick frozen beef lasagnes; Ready-for-oven Cannelloni filled with Chicken, Cheese and Tomato; and a variety of lovingly-made pasta dishes for the oven, such as Mac & Cheese. You can also buy freshly-made pasta sauces, such as Creamy Mushroom; Tomato & Basil and Arrabiata to accompany fresh hand-made pastas like Penne, Spaghetti and Tagliatelle.

PIZZA: You'll find authentic, hand-made pizzas at surprisingly low prices. A popular choice with mums is buying the freshly-made pizza dough from Chef2Chef.Online so you can make pizza at home with the kids, with the toppings of your choice just the way the family likes it!



CHEESES

One of the most exciting ranges of English and Spanish artisanal cheeses available in the UAE. These include Spanish Goats Cheese with Rosemary; a variety of Manchegos; zingy English Cheddars and soft cheeses such as Cornish Yarg; Welsh Caerphilly; smoked, cured and flavoured cheeses. You'll find real 'cheese treasure here!

ASIAN & DIM SUM

This is one of the few places you can buy authentic and hard-to-find Asian ingredients, such as Japanese Octopus and Unagi; authentic Tempura Flour; Mirin; Yuzu; Sushi Seaweed, Rice and Rolling Mats; a selection of pre-made Japanese Sauces; and the best collection of Dim Sum, Dumplings, Asian appetisers, Sauces and more.

MEAL BOXES & READY-TO-EAT MEALS

This is a perfect way to make restaurant quality food at home - made simple by all the ingredients measured and portioned, with full instructions. Alternatively, the experts have done it for you.

FRESH FRUIT & VEG

Restaurant quality and fresh every day, professionally cut and prepared by a chef and ready to use. The ultimate time-saver!

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•WELLBEING•



Keeping kids active
this summer;
achieving good night's
sleep for them; and
a look at the role
Vitamin C plays in
our health.





THE BENEFITS OF HAIR OILING FOR CHILDREN

What can hair oiling do for your child and why should you include this ancient practice in their hair care routine?

A common concern among many mothers is whether or not hair oiling is suitable for their children. Kids' hair is not the same as ours. It usually has a softer, more delicate texture and can break or get damaged easily in comparison to adult hair, so it's wise to be cautious about what products should be used. The great news is that while children often need kid-friendly shampoos, conditioners or detangling sprays, hair oiling is one ritual that is good for both mothers and children!

BENEFITS OF HAIR OILING

Kids with short or fine hair may find hair oiling encourages growth and protects from damage or breakage. Curly haired kids might benefit from oils as a way to define their beautiful curls and keep frizz at bay. Oils can also be great for avoiding tangles and making brushing less stressful for little ones. Regular scalp and hair oiling can have plenty of general benefits for your child's hair, no matter their type. These include:

- ✓ **Smoothness:** oil adds lubrication which helps to condition hair, leading to a tangle and frizz-free mane for your little one
- ✓ **Nourishment:** regular hair oiling enriches the scalp and hair with vitamins and nutrients which improve hair quality, strength and in some cases, growth.
- ✓ **Circulation:** having an oil massage on the scalp boosts blood circulation in this area which promotes better overall scalp health



- ✓ **Bonding:** giving your child a head massage as part of hair oiling is caring and reassuring - the perfect opportunity to bond with each other!
- ✓ **Calming:** hair oiling has a soothing effect and gives your little one a sense of relaxation, groundedness and peace

WHAT'S INVOLVED?

If you're new to the concept of hair oiling, don't be worried! It is actually very simple. The best way to go about doing it is as follows:

- ✓ Warm the oil gently but not too hot. This warmth helps the oil to penetrate the skin and hair strands more deeply
- ✓ Massage into your little ones' scalp and hair for 5-10 minutes. It

can be nice to use this as a chance for a more lengthy head massage if you both have the time.

- ✓ Leave it to absorb for around an hour
- ✓ Wash it out using a suitable shampoo

Repeat this oiling process once per week or maybe twice a month, whichever suits your schedule and your child's hair type.

Don't overdo it

Try not to use more oil than you actually need. Remember, kids are much more active than us adults and usually sweat a lot more often. The mixture of excess oil and sweat can block pores on a child's head, causing itchiness and dandruff. If oil sits on kids' scalps for too long, it can have a

similar effect, so always wash oils out thoroughly and within the right time frame.

THE PROPERTIES OF DIFFERENT OILS

In this modern age, we are very lucky as we have such an array of nutritious oils available to pick from, but it can also be a little overwhelming for mums to know which one to choose. It's always a good idea to avoid artificial fragrances and any other additives that may irritate a child's sensitive skin, so a good starting point is to keep things natural.

Oils generally have an abundance of nourishing properties, but it's good to be informed about the nutritional nuances of many of the popular options you can find locally. Let's have a look through the specific benefits

of each kind of common oil. This will give you the information you need to select the right one for your child's individual hair and scalp needs.

Olive Oil

Olive oil is an exceptionally popular hair oil. It is a good choice for dry, thick hair because it contains high levels of vitamin E. It is good for moisturising and softening hair, and also repairing split ends. Some of its chemical elements, such as squalene and oleic acid, lend an emollient property to this oil which is linked to boosting softness and smoothing the outer shaft of the hair.

Coconut Oil

Coconut oil is also a much loved choice as it is rich in Vitamin K, Vitamin E, protein and lauric acid. Protein helps to strengthen hair and studies have indicated that this oil is very good at guarding against protein loss, while also repairing damaged hair. Coconut oil has certain antibacterial and anti-fungal properties too, which are great for warding off dandruff and scalp issues. It is considered a cooling oil so it can be a

good choice in hot weather. Equally, this also means it is better to avoid it if your little one has a cough, cold or is feeling under the weather at all.

Sesame Oil

Sesame oil is a wonderful hair oil. It is best known for promoting hair growth and tackling fungal infections. It is rich in fatty acids which combat hair loss or thinning, brittle hair and split ends. It also has antibacterial properties that fight against dandruff and additionally, it may have a protective effect against UV rays and the damage they can cause to hair, making it a great fit for the heat.

Mustard Oil

Mustard oil is a deeply conditioning oil. It increases blood circulation, is warm by nature and is often favoured in the cooler seasons. It helps with frizz, dryness and scalp irritation. However, it can cause a rash in a small number of people, so always do a patch test before applying to your child's scalp and seek medical advice before use if you feel unsure.

Almond Oil

Almond oil is incredibly abundant in Vitamin E, protein and omega-9 fatty acids. It is also an emollient, meaning it can be really useful at smoothing and softening hair over time, making those tangles easier to manage! It also adds plenty of shine and suppleness to your child's hair, essential for a glorious mane. However, if you suspect your little one may be at risk of having a nut allergy, you should not use almond oil on their hair, or for any other purpose, as the allergic reaction it triggers could be a serious one. Always talk to your doctor for advice if you have any concerns.

Ayurvedic oils

Ayurvedic oils are widely available and are formulated more like a tonic than a single oil. Usually one of the oils listed above is used as a base, and then strengthened by a variety of herbs and minerals, such as Brahmi, Amla or Bhringraj, that promote a healthy scalp and strong hair. Sometimes this can be the best option if your little one suffers from any recurring scalp problems, like itchiness, congestion, dandruff or even dermatitis.

MAKING A CHOICE

As with everything, deciding on the right oil for your child's hair is a personal choice. Using the information we've discussed here, you can pick out the one you think will work best, but feel free to switch it up depending on your child's preference, how well it works for their hair and variable factors such as the season or your budget.

Make sure to consult a doctor before using nut oils as it is possible your child may have an allergy, especially if there is any family history of nut allergies. This is not common but it is always safer to check with a medical professional. Finally, remember that results take time and a consistent hair oiling routine.



FIVE WAYS TO KEEP KIDS ACTIVE

Check out our top five tips to help your child stay active in new ways.



Studies tell us that kids need to stay active for their physical strength and fitness, their ability to concentrate and their mental health - all very important aspects of wellbeing! So, here are five interesting ways to keep your little one active while still having plenty of fun!

Water games

Playing with water in the heat is a great way to have fun, stay cool and keep active. Water guns and the garden hose can transform a normal afternoon into an exciting event for everyone to get involved. Get some old clothes on and share the equipment around. Make up plenty of water balloons too and prepare for a splash!

Dancing

One great, high-energy activity is dancing. It's an especially good option on hotter days where we have to stay inside for longer. There are all sorts of dances you can try - perhaps even have a competition for the most creative dance move. Nobody should take it too seriously, it's just about fun and having lots of laughs while keeping active. So turn up the volume and get ready for a family dance off!

Walk a kilometre

Walking one kilometre may not sound like the most interesting activity but it's about what you can do along the way. Your child can run, skip and dance the

whole distance if they want or they can stop to examine something that catches their attention along the way. Research has shown significant improvements in general mental and physical wellbeing in children who walk a kilometre daily. It's also a wonderful opportunity to check in with your child and to ask them about their thoughts and feelings. They're more likely to answer openly and honestly when they are occupied with something like walking. Overall, this is a great activity that can help your child physically, emotionally and socially.

Treasure hunt

If you want to inject some excitement into your child's playtime, arrange a treasure hunt. It doesn't matter what the treasure is but do put some effort into hiding the objects around your house or garden. You can draw a map or write some clues for your child to reach the treasure. There are great resources online for this. So hand them the map and sit back as they run around happily searching.

Sports day

If your child is competitive, consider holding a family sports day. There can be individual events, teams or events where your child competes against themselves, trying to beat their own record. They can race to the end of the garden, see how high they can jump, how many tumblers they can do, or anything else you can think of! Keep it lighthearted and safe and have plenty of refreshments ready.

Keeping active is vital for our children's health and it doesn't have to be a difficult or negative experience. So get creative, have some fun with it and don't be afraid to join in!



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SECRETS TO A GOOD NIGHT'S SLEEP

*Quality sleep is one of the most important pillars of good health for children.
Here are some tips to help little ones get the sleep they need.*



The recipe for a good night's sleep comes in two parts. The first is falling asleep and the second is staying asleep. If you can help your child to overcome these potential struggles, they will have no problem waking up by themselves in the morning and they will feel refreshed and well-rested.

FALLING ASLEEP

On average, children fall asleep in less than half an hour of settling down for the night. This can vary depending on how sleepy they feel, how active they've been throughout the day and also if there are any bedtime routines in place. Bedtime routines are key in helping your child to fall asleep as they encourage them to do some gentle, calming tasks that will bring them into a more restful state before bed.

All of us, including children, wake up during the night. Your little one may not even notice and they may fall back asleep quickly, easily and by themselves. Developing a good relationship with sleep can ensure that waking in the middle of the night does not disrupt the overall quality of their sleep.

HEALTHY SLEEP HABITS

Regular bedtime

Getting your little one down for the night at roughly the same time each day will help them to get used to when they should be falling asleep. Once they develop this habit, you'll notice that they even begin to get sleepy in the hour leading up to their bedtime. A regular wake up time complements the scheduled bedtime well as it will teach them to wake up naturally. Try to maintain something close to this schedule on weekends and holidays for the best results.

Winding down

Taking the time to help your child wind down before bed will reduce the amount of time it takes for them to fall asleep. It can be reading a book, listening to relaxing music or taking a warm bath to help them ease off into sleep.

Bedtime routine

As with the scheduled bedtime and waking times, a pre-bedtime routine is a must for helping your child to sleep soon after their head touches the pillow. The routine can consist



of brushing teeth and washing, changing into pyjamas, story time, cuddles or anything that helps to soothe your child. Keep it consistent and try to stick to the bedtime - even if they're demanding just a few more minutes. There will always be time for more stories tomorrow!

Bedroom environment

The environment that your child sleeps in can have a huge affect on the quality of their sleep. Keep things relatively organised and neat and choose a calming colour for the walls. Include soft, comforting textures around the room, like a fluffy blanket or soft toys and have a lamp for some dim, soothing light during the bedtime routine. Avoid electronics or screens where possible.

Naps

Napping is a healthy part of the day for young children but once they get a little older, try to phase out nap time. Start by keeping the naps short (no longer than half an hour) and not allowing naps from late afternoon onwards. Napping without really needing to can reduce the chances of falling asleep easily and staying asleep for the whole night.

Safety

Many children have fears around bedtime, from monsters in the room to fear of the dark. Make sure that your child knows that they are safe to fall asleep at night by taking their fears seriously and talking about them. You can show them that they are safe from intruders and even set up a night light to make things slightly more comfortable. Definitely avoid any videos or books with distressing themes that could give your child nightmares or prevent them from settling down to sleep.

Eating

Having a meal too close to (or too far from!) bedtime can result in your child struggling to fall asleep or stay asleep. If your child feels hungry or too full, they will find it much harder to settle down. As a general rule, they should be able to fall asleep without feeling hungry but wake up ready for breakfast.

Daylight

Getting outside during the day is a big factor in having a good night's sleep. The reason is that the sunlight will invigorate your child and help



them feel awake. Then, as the sun sets, they will naturally become more sleepy and slowly wind down towards bedtime. Remember to take precautions in hotter weather though!

Caffeine

Caffeine can seem like an absolute necessity to most of us when it comes to managing our day. However, it's not advisable for children to have any. It can be difficult to avoid as it's not just found in coffee but also in tea, chocolate and soft drinks. Try to limit the amount of caffeine your child consumes, especially later in the day and their sleep will dramatically improve.

Worries

Children can often get worried about various things in their lives and this can have a strong, negative affect on their sleep. It's best if they feel comfortable talking to you about these concerns so that you soothe them and work through the issues together. These worries

may seem small or insignificant to an adult but they must be taken seriously. If the worry is adversely affecting your little one's sleep, then it's certainly a big deal to them.

BABIES

For babies, sleep is slightly different. Newborn babies will naturally struggle to sleep through the night.

Feeding

Those aged up to six months may still need to feed during the night. They may fall asleep during the feed but try to avoid this. Otherwise this can lead to an association between eating and sleeping which could lead to them needing an extra feed during the night to fall back asleep. Once they get a little older and transition to a diet of solid food, they will no longer need a feed during the night. You can phase out night feeds by ensuring they're getting enough solid food and by reducing the amount and frequency of liquid feeds.

Reassurance

Most babies will initially need a parent in the room for them to fall asleep. They may need to be soothed, rocked or just held. As they get a little older, it can be a good idea to gently reduce the amount of time that you are present for your child falling asleep. This will encourage them to fall asleep by themselves as long as it is done in a loving and patient way. Let them know that you will be nearby at all times and if they need you, you will come.

With all of this advice in mind, it must be said that each parent knows their own child best. These tips will apply to almost all children but in your specific case, feel free to use your intuition and knowledge of your own child to adapt to their needs. If your child has persistent sleep issues, don't hesitate to contact your doctor for advice. The goal is to provide them with a positive relationship with sleep and a peaceful environment to sleep in so that they can be well rested and really enjoy the day without being tired.

THE ROLE OF VITAMIN C

Getting enough vitamin C is an essential part of supporting kids' health. Let's take a look at what this incredible nutrient can do and where to find it.

Providing little ones with a variety of vitamins and minerals is an important aspect of supporting their health and development - and vitamin C is among the most powerful of these. Here are some of the benefits of getting enough vitamin C into a child's diet.

BENEFITS OF VITAMIN C

Immunity

Vitamin C helps your child's immune system do what it does best - fight off bugs and viruses. It is an antioxidant, which aids the immune system in working properly and also maintains the health of the immune system itself. Evidence suggests that if your little one catches a common cold, you can reduce the length and severity of it by helping them get enough vitamin C throughout their illness.

Bone health

Vitamin C is crucial when it comes to keeping kids' bones and teeth healthy and strong. It can particularly assist younger children with their bone development as they go through rapid growth spurts periodically.

Skin health

Vitamin C helps your child's skin stay healthy and elastic by aiding collagen formation. We all worry when our children pick up cuts, scrapes, bumps and bruises as they play or take a tumble, but a regular intake of vitamin C will help these little wounds heal faster.

Nervous system

Your child's nervous system is responsible for communication between different parts of their body and plays a role in a huge number of complex tasks. Ensuring that they get enough vitamin C will increase kids' nervous system function and make sure it stays in good overall health.



Iron absorption

Iron is a vital mineral in the body. It is a component of our red blood cells, which transport oxygen around the body. Without enough iron, your child may suffer from fatigue. However, the presence of vitamin C makes it possible for your child's body to absorb enough iron from their food, greatly boosting their overall health.

FOODS TO INCLUDE

Vitamin C isn't created or stored in the body and so we must be sure that our children intake it daily through their diet. Brightly coloured fruits and vegetables are the best natural sources of this wonderful vitamin. Examples include:

- Citrus fruits such as oranges, kiwis and grapefruits
- Strawberries
- Peppers

- Tomatoes
- Cruciferous vegetables like cauliflower, broccoli and cabbage

HOW MUCH DOES MY CHILD NEED?

Luckily, vitamin C is soluble in water so any excess will be flushed out in urine. Do pay attention to how much your child is getting to avoid unnecessary strain on your little one's body. It's best not to give kids under three more than 400mg per day and less than 650mg per day for older children. Be particularly careful with vitamin C tablets as they are usually for adults and tend to contain high doses.

These food suggestions are (thankfully!) commonly eaten staples, making it quite straightforward to get plenty of this important vitamin into your family's diet! However, if you have any concerns or questions, speak with your doctor.

•PARENTING•



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



PARENT & BABY CARE EVENT: **SUPPORTING NEW DADS**

Dubai's first ever event for expectant dads was held in association with our Community Sponsor Babyshop; and Supporting Partner Al Ain Farms and Headline Sponsor Fakeeh University Hospital.



THE VENUE

The event took place on Sunday 31st July at the Four Points by Sheraton Hotel on Sheikh Zayed Road, home to well-loved family restaurants that offer Indian, Italian and French culinary delights, as well as a spectacular rooftop terrace, Level 43 Sky Lounge, with breathtaking panoramic views on Sheikh Zayed Road and Downtown Dubai.

THE EVENT

Expecting a child is thrilling and wonderful, but it can also be emotional, uncomfortable and intimidating for both expectant mothers and fathers. Even though parenthood involves both the husband and wife, the focus is often on women and dads-to-be are sometimes

expected to be the unquestioning emotional tower of strength. For this reason, the event was specially designed for dads-to-be, where we talked freely about their challenges, feelings and experiences about expecting a child and caring for a new baby.

LIVE INTERVIEWS

Stuart Douglas, New Father & MD of Chef2chef.online

We opened the event with a warm introduction from Mother Baby & Child Editor, Kay Marham, followed by an interactive on-stage interview with new father Stuart Douglas, who is the MD & Founder of www.Chef2Chef.online, a wonderful online store for foodie families and people who prefer to serve high quality foods to their families. (See page 12-13 for lots more information about this!)

Stuart and his wife Victoria are proud parents to a 20-month old daughter - their first child. During the interview, Stuart talked to our audience about his feelings and experience of the pregnancy, the birth of their daughter and life as a new father. His takeaway advice for the dads in the audience was to "trust yourself and be confident in your ability to be a good father, even if you know you're learning as you go along."

Dr Sanjay Perkar, Paediatrician at Fakeeh University Hospital (FUH)

The on-stage interviews continued with Dr Sanjay Perkar, Paediatrician at Fakeeh University Hospital. We centred on his passion for providing childcare support to new parents. Aside from his work as a Paediatrician, Dr Sanjay helps to guide new parents at the free-to-attend FUH Cafe - a free and informal weekly gathering in the stunning cafe area of Fakeeh University Hospital. If you have a child under the age of one year, you are welcome to attend FUH Life and enjoy the social aspects of meeting other parents, as well as benefit from tips, advice, help and support.

Expert help to choose essential baby items

Ronalynn & Pearl, Personal Shopping Experts (PSE's) at Babyshop discussed how gentle guiding help is available in each of the



Babyshop stores to help parents navigate their way around baby equipment.

Ronalynn and Pearl perform an invaluable service in Babyshop stores to parents, using their extensive training on every baby product they'll need when welcoming a new addition to the family. With years' worth of training and expertise, they have advised tens of thousands of new parents on the best products for their individual circumstances, based on a detailed assessment of the new parents' home space, budgets, needs and interests.

Ronalynn & Pearl highlighted that all dads can collect a checklist in-stores with information conveniently segmented into areas such as bathing, feeding, sleeping, travelling, etc., specifically designed to help new dads understand how to prepare for the arrival of their new baby.

ENDING ON A FUN NOTE!

As usual, the event ended on a fun note with a random prize draw and goody bags for all the attendees!





TOP TIPS TO COMMUNICATE WITH TODDLERS

Toddlers have a reputation for being tricky to reason with. Here, we have some useful tips for you to remember when communicating with your little one.



Being a toddler is tough work. There is so much to do, see, learn and feel! Toddlers can't regulate their emotions at this stage and experience feelings very deeply. At times this leads to those dreaded 'meltdowns' or other inappropriate responses to a situation that can seem unreasonable to our logical adult brains. However, they are perfectly natural for this stage of kids' lives.

THE DEVELOPMENTAL PICTURE

Between the ages of 2 and 3, children begin to understand the connection between ideas, slowly developing a picture of why things happen. You may hear your little one start to ask "Why!?" to absolutely everything - and this is a great thing, as it shows their thirst

for knowledge growing and marks a major milestone in their cognitive development. Their thoughts and emotions are still extremely overwhelming for them at this stage and they are only just starting to learn how to process and express these in better ways. So, let's go through some handy tips for communicating with your toddler in the healthiest way possible.

DON'T MAKE IT PERSONAL

Always tackle any misbehaviour by addressing the action, not the child. It's good to give your toddler the message that it's the behaviour that is the problem and not anything inherently wrong with them. This avoids them absorbing any negative narratives about themselves as a person and makes it clearer for them to focus

on not repeating the specific action. Try using sentences such as "Kicking hurts others. If you are angry at your brother, please use your words." This is much better than saying things like "Don't be a bad boy by hitting others".

CLEAR AND CONCISE RULES

Toddlers are easily confused and lose focus. Rules are a great way to form structure for your child but you must meet them on their level to make it work. Aim to explain any rule in the shortest, simplest way you possibly can and don't overwhelm little ones with too many rules. However, remember that kids of this age flourish with predictability as it allows them to feel safe and secure. So, do stick to your chosen rules consistently and repeatedly. Have easy-to-follow guidelines, be prompt and follow through with consequences and it should be plain sailing!

OFFER CHOICES AND GIVE NOTICE

Give toddlers the illusion of choice by offering real, inconsequential choices to help them feel respected and empowered. This could look like "Now that it's bedtime, would you like story A or story B?" instead of "It's time for bed". Five minute warnings also allow kids to finish up what they're doing and feel secure in knowing what will be happening next.

VALIDATION

Finally, it may sound simple, but always acknowledge your child's efforts, progress and successes. Validate their good behaviour and be positive about their attempts to respond better in situations.

By following this and the other tips here, you should see much more harmony at home with your toddler in no time at all!

Our baby has reached its first

milestone.

And we are goo goo ga ga about it



Snugberi eco-friendly diapers wins 'Nappy brand of the year 2021'

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HANDLING YOUR CHILD'S REQUESTS

Managing your child's requests is a huge part of everyday parenting. In this article, we examine the best way to handle this common struggle.

As a parent, it can feel challenging to respond to your child's requests. Nobody wants to feel that they are the 'bad cop', constantly saying "No, you can't watch more TV" or "No, don't put your feet on the couch." Of course, there are times when this sort of answer is completely necessary, but there are also other times when it can be easy to just fall into a rut of saying 'no', simply out of habit. After all, parenting is a tough job and it can be hard to find the patience to respond in a balanced way all the time!

WHY YOUR ANSWER MATTERS

Requests are a natural chance to teach kids about healthy communication - what that looks like and how to handle emotions that arise. This is the case



regardless of whether your decision is a yes or a no. It can be good to routinely say something such as “It’s fine to want to do things or have things and you’re always allowed to ask me for them. Sometimes I’ll answer with yes and sometimes I’ll say no. But it’s always okay for you to ask.” This shows them that they don’t have to hide or be ashamed of what they want and you are receptive to their needs.

The second piece of wisdom is to consider that the way you respond towards your little one forms their understanding of communication, manners, respect for another person’s perspective and what it means to compromise. Be mindful of your tone of voice, try not to be reactive or

unnecessarily upsetting and aim to be as clear as possible so your child has no room to misunderstand.

HOW TO RESPOND

Here are a few simple steps that you can take to help you communicate healthily with your child when faced with endless requests.

Consider their way of asking

Be positive towards your child when they have asked for something in a mannerly, calm way. Acknowledge how polite they are being and how happy you are to see that. This helps kids link good manners with praise and shows that you will consider their requests properly when they ask nicely - even if the answer is no. Basing your first response on how your child asks encourages them to communicate well with you, no matter the end result.

On the other hand, if your child makes demands, asks repeatedly for the same thing, whinges or behaves badly, make it clear that you need them to speak politely before you will consider what they’re saying. Use a firm voice and say things like “I need you to speak nicely to me and we both need you to use your calm voice.”

Make them feel heard

It’s easy to react quickly to (yet another!) request and it can certainly be frustrating if your child has asked to do or buy or have lots of things already. It’s understandable to be tempted to just tell your child ‘no’ and leave it at that. However, there is so much benefit to taking a second to actually hear what your child wants. Aim to make sure they feel listened to before you give them an answer. When kids feel seen, respected and understood, they are much more likely to accept your decision, even if the answer is no. Feeling heard avoids resentment and leads to much more cooperation.

Show empathy

Showing some empathy can really go a long way to strengthening communication, even if you don’t plan on saying yes. Let your child know you understand exactly why they’re asking for something. Phrases such as “I can see why you want that toy truck, it’s very cool,” let kids know that you are aware and empathetic towards their wants and this will make them much less likely to fight your answer being ‘no’.



Pause and choose

Taking a brief moment allows you to consider the request and also sends kids the message that you’re putting some thought into it. Measure up whether you need to say no or whether you can actually say yes. If it’s not a yes, ask yourself if you can negotiate.

Quite often, a yes is possible. At other times, you might be able to negotiate with your child and arrive at a solution that you can both accept. Either way, consistent and fair responses from you will teach your child how best to ask for things.

SAYING NO

Sometimes you need to say no, which can be difficult. Nobody wants to make their child unhappy. But the fact remains that children can’t always have what they want, so let’s look at how to make saying no work for you.

Give a reason

When refusing your child’s request, always be sure to give a clear reason so they can process why and develop their understanding of the situation. Kids need things explained to them so a black and white, authoritarian approach can stunt their social and emotional development, which erodes your relationship and leads to them acting out down the line.

It can also be a good approach to start your answer with the reason, because if children feel disappointed, they might not take in the logic behind it. For example, “We have to collect



your sister from school so we aren't free to go to the playground right now."

Don't change your mind

If you change your mind, your child will learn that "No" isn't final and that it's worth arguing with you. If you give in when your child is misbehaving, they will learn that this is a good way to get what they want. Try not to even engage with negotiation if your child is pushing back as it teaches them that they need to show you manners for you to reason with them.

Offer an alternative

Obviously it's not possible or healthy to offer something else to your child every time they make a request, but sometimes it can be helpful to come up with an alternative. This could be

something like "We don't have the ingredients to bake a cake right now. Let's make a plan to get them from the shop at the weekend and do it then" or "It's nearly dinner time so you can't watch a whole movie. Let's watch a short programme instead."

Praise their acceptance

Be sure to praise your child if they accept no as the answer with grace. Tell them that you really liked the way they said "Okay then" when you said "no" or even better, try saying how great it was that "We worked that out together."

Be intentional

One of the best ways to help your child learn how to cope with being told no is not to say it too much. When you keep 'no' for decisions that really matter,

your child will take it more seriously. To keep things structured, set some ground rules and stick to them. As time goes on, your child will learn what your expectations are for their behaviour and understand when they can and can't negotiate with you.

WHY HEARING NO MATTERS

It's an essential skill to be able to take no for an answer. Handling hearing 'no' is vital for your child's future social and emotional success as they move through life. It's also a big part of teaching kids how to self-regulate and manage feelings of disappointment.

Building their confidence

When you are worn out and struggling to refuse yet another of

your child's requests, remind yourself that your answer is the main example your little one has about how and when to be assertive. By watching you, they will learn that sometimes it's appropriate and healthy to be self-possessed and confident.

Forming boundaries

On the other hand, if you say yes and give in to your child's wishes all the time, they may subconsciously copy this behaviour as an adult, by either having poor boundaries and struggling to say no in their friendships and relationships, or by not respecting other people's boundaries when they say no to something your child wants. Never forget that your boundaries with your kids have a huge influence over how they form their own boundaries with others.

Clarity is key - do not say "In a minute" if you mean no. Clear boundaries help children to understand their place in terms of respecting your instructions and when they are and are not in charge of a situation. This pieces together how to interact with the world and how to navigate the challenges of other people as they grow up, both socially and morally.

Consistency

Consistency is essential to helping children learn norms, expectations for their own behaviour and respect and trust towards you as their parent. Consistency teaches kids to stop asking for certain things inappropriately and helps them build a picture internally of what is and isn't okay in your eyes. It also teaches them how to behave in different situations, when and why it's important to have manners and how to think of themselves as part of a wider picture.

COMMUNICATING AT DIFFERENT AGES

Asking for things changes depending on how old your child is. Understanding what skill level is normal for your child's age group

can help you navigate the nuances of dealing with requests and reactions to hearing 'no' at different ages.

Toddlers

Toddlers often use very simple methods to communicate what they want. Mostly, this involves making noises or using their fingers or fists to point at objects or people they want. When toddlers hear the word 'no', they can find the disappointment overwhelmingly strong and struggle to manage such a powerful emotion. Tantrums are completely normal in this situation because toddlers have not yet developed the verbal skills or the self-regulation to deal with these feelings when they are refused something they want.

By school age, children have more language skills, which they can use to negotiate and compromise when they ask for things. From around the age of eight years, you can expect some convincing arguments about why you should let your child have or do something!

Older children

Older kids are likely to feel strong disappointment when they are told 'no' to a request but there should be far less chance that a school-going age child will throw a tantrum. This is because kids can learn the emotional skills to understand your reason for saying 'no'. They should also be able to regulate their own feelings and see the importance of manners even when disappointed. If you find your older child has tantrums regularly, try looking at whether there is any room to improve your boundaries with their requests, your clarity and communication style or how consistent you are over what they are or are not allowed to do or have. If behavioural issues persist, consider seeking professional advice from a child psychologist.

Sometimes being a parent is difficult and handling your child's requests can be a daily challenge. However, persistence is key! Using the tips and suggestions discussed in this article will pay off with time and your child will be better able to communicate healthily, behave appropriately and regulate their own emotions.



HOW TO MAKE THE MOST OF 'TOGETHER TIME'

Quality time with your child is part of the foundation of a great relationship. What tweaks can you make to build this into your everyday routines?

Spending time with your child is crucial for their overall wellbeing and development. It strengthens the parent-child connection and teaches kids that they're loved and important. During this time together, it's important to pay full attention to your little one and join in with whatever they're doing. It's so good for kids to feel like they're your focus in these moments. It sends a clear message that they deserve this special time.

A learning opportunity

From a parent's point of view, these are valuable opportunities to stay in tune with your child. You will be able to learn more about your little one's opinions, hopes and fears. You may be surprised at how much they are aware of and have feelings about! It's also a great chance to show your child that you

are always there for them. You can ask them questions and give them advice on any worries they feel and you can set a good example for them based on your life experience. Fostering this consistent relationship will give your child the strength to feel safe during times that you are apart or unable to give them your full attention. Putting in this effort while children are young will not only ensure that your relationship is strong during their childhood, but it also lays the foundations for a steady, honest and open relationship through the tricky teenage years.

Your inner child

Spending this time with your child can also be wonderful for you, the parent. Use these moments to reconnect with your own inner child, to allow yourself to play and be present. It feels so lovely to spend close time with your little one, catching up on their day and how they're feeling overall. These times don't have to be extravagant or planned out far in advance - in fact, sometimes the simpler the better. A joyful, stress-free experience is all that's required.

ACTIVITIES FOR BONDING TIME

Special days out are a brilliant part of any childhood but often the best times are those that are a part of everyday family life. Read our ideas below for some activities to help you to get some quality bonding time with your child.



Outdoors

One of the best activities is to take a trip to the playground. If you live close by, try to walk or cycle and have some fun along the way! Once there, let your child try their hand at all the different activities, engaging in things like climbing, swinging, running and jumping. Don't stand at a distance either, feel free to be right alongside and watch as they chat away throughout their adventures! For more gentle times, you could lie beside each other and watch the world go by, pointing out different things you can see to one another.

Indoors

Card games and board games are a great place to get to know your child on a deeper level.





You will get a closer look at how they think and what they feel. Colouring together is a good time to ask questions about any stresses or worries your little one may have. This is a great trick because their attention is mainly focused on the page in front of them, which in turn makes them more likely to speak honestly about how they're feeling without holding back or feeling embarrassed. Indoors is a safe place to engage in some physical play, like chasing or play-wrestling with each other. This will give your child a chance to practise being strong and exercising while having fun and feeling close to you.

In the car

The car journey to and from school each day naturally offers a few moments to connect with

your child. You can sing along to songs on the radio, make a school trip playlist, count how many red cars pass by, play guessing games and tell stories. On longer car trips, you can ask your child to point out something they like and get them to tell you all about it and why they like it. Feel free to ask lots of questions and listen to what your child has to say.

WHAT TO DO IF YOUR CHILD MISBEHAVES

If your child acts out or misbehaves during these times where you're trying to forge a deeper connection with them, don't take it personally and try not to get frustrated. It's not because they don't want this connection - it's usually because they're finding the activity difficult or they have tired themselves out

more quickly than you expected. Be patient and consider adjusting the activity to suit them a little better. It might be that they would prefer something more passive like sitting and talking, or perhaps they would rather go on the swings because they've been sitting still for too long. Remember to ask your child to try to explain why they're upset. More often than not, they will have the answer. These occasions are a great opportunity to teach your little one about expressing themselves instead of throwing a tantrum, that it's okay to be upset sometimes and how to calm down naturally.

Close times spent with your child are some of the most important for both of you. Stay engaged, happy, open and honest with them and they will return the favour, building a loving and lifelong connection between you.

•EDUCATION•



This month's education section discusses ways in which you can prepare your child for the new school term in a few weeks and deal with school anxiety.





SETTING KIDS UP FOR BACK-TO- SCHOOL SUCCESS

Back to school season is just around the corner. Let's look at how to make this tricky transition as smooth as possible.

Returning to school after summer holidays can be one of the most challenging times for any household. Children have to readjust from all of that freedom to much more structured days and weeks. Planning ahead for this has been shown to make this change less difficult for everyone involved.

SCHEDULE

Putting together a daily schedule in the weeks running up to the return to school will help your child adapt. It doesn't have to be anything too extreme but aim for them to wake up at the same time each day and to have the same bedtime each night. Make sure they get ready for the day as they would if they were going to school - wash, brush teeth and get dressed on time. Lining up a few tasks for them to complete throughout the day will also help them get used to what will be expected of them in school again.

ROUTINES

Structured routines make the school week much easier for everyone. Let's dive into where to start!

Morning routine

Mornings can be difficult for everyone, and especially children who feel like they're being rushed out the door to school. To combat this, try to build an easy-to-follow morning routine to get the day off to the best start. Initially, chat with your child about this new morning routine, what it will look like and why it's a good idea. This will keep them involved and aware of what they need to achieve each morning.



The routine should be made up of clear and easy steps because it's likely that your child will be sleepy while working through it! It should be specific to your child as you know their needs, strengths and difficulties best. It should include things like showering, getting dressed and eating breakfast.

While discussing the routine with your child, try to figure out which parts they may need your help with and which parts they're confident they can carry out by themselves. This will give them a strong sense of independence but also show them that you're on their side and supporting them from the very start of the day.

Consider drawing up the routine, and even include pictures, to create a self-explanatory and fun list that will guide

young children through the steps. Don't forget to praise your child when they make it through each part of the routine, particularly in the first few weeks. It's positive for them to know that you see them doing well and that you're impressed by their efforts!

Bedtime routine

Waking up early for school is one of the toughest changes for any child after a long summer of staying up later some nights and sleeping in in the morning. As with the morning routine, it's a good idea to create a bedtime routine for your child. Similar to before, talk to them about what the important steps are and ask them if there is anything in particular that they might need your help with. Make the routine clear

and easy to understand and don't forget to praise them for completing each step.

Your child may be resistant to going to bed early and intent on finishing an episode of the TV show they're watching, for example. In these cases it's helpful to set out time limits in advance so that they're not forbidden from watching TV but they're aware that they can't stay up all night. Once they stick to this, they will then move into a quieter time to wind them down for bed.

As for setting bedtimes, remember that children need more sleep than adults - usually around 9-11 hours for younger children and 8-10 hours for teenagers. Making sure that they've enough time to get this amount of sleep before their wake up time will set them up properly for the next day. Research suggests that moving towards

this sleeping pattern two weeks before the start of school will make the adjustment much more manageable and result in less grumpiness in the morning!

HOMEWORK

It's hard enough going back to school all day after a long summer of fun but the addition of homework can feel overwhelming for children. While it's usually the last thing they want to do, it's much better if your child can tackle the homework as soon as they arrive home from school. This will get it off their plate and free them up to enjoy the rest of the evening without homework hanging over them. Help them out with encouragement and support while they do this and try to understand how tired they must be after a full day of school behind them.

Often, a snack will do the trick for giving your child that little boost they need to get through their homework. Let them know that they will still have time for fun in the evening and that you will take care of them. If they're aware that you understand how they're feeling and if you praise them for their efforts, the homework will usually get completed and the fun, relaxing part of the day can begin.

CUTTING DOWN SCREEN TIME

It's not uncommon for our children to get more screen time during the summer months. They have a lot more free time and it can be hard to keep an eye on them at all times. There's nothing wrong with a loosening of rules over the summer. But it's worth revisiting this topic with your child when school returns. Of course they're going to want to continue talking to their friends or watching some videos to relax after a hard day at school but talk to them about the importance of putting the screens away at least an hour before bed. Agree fair limits on using these devices, especially during the week, and you'll be giving them a much better chance of a good night's sleep.

STRUGGLING TO LISTEN

One aspect of the return to school that often gets overlooked is how hard it can be to readjust to paying attention in class for extended periods of time. Over the summer, you can train your child to maintain their listening skills through playing listening games. Examples include: telling your child a story and asking them to listen and draw the scene while capturing the key details, or getting your little one to close their eyes

and listen to your instructions to navigate around the house. Training these skills will ensure that they will stay sharp when it comes to listening in class.

GETTING ORGANISED

Going to school requires a huge amount of organisation for children and returning back to school from the free, happy and usually disorganised weeks of summer can be a big challenge. Don't leave your child to organise themselves, give them your support and guidance. There will be parts that they're happy and capable of doing by themselves, and this should be encouraged, but be ready to jump in and help in areas they're not as familiar with.

Discuss subjects

A good place to start is by talking about each subject they'll be taking, who the teacher is and what type of things will be expected of them in the various classes. It's important not to flood them with too many worries. Encourage them that they have the ability and that you will be supporting them along the way. This is most important with more anxious children who will benefit from having all of the information laid out in front of them so there are no unknowns but also require lots of reassurance so they don't get overwhelmed.

A good workspace

Another useful activity to do with your child is to set up a place for them to do their homework or study. Discuss with them what their preferences are, what equipment they'll need and how to use it, and how to make the study space their own with decoration, plants or anything that makes them feel more comfortable. The goal here is to create a space that is well-organised and enables them to do their best work!

The end of summer and the start of school can be a real struggle for children. However, with a bit of planning, lots of reassurance and plenty of discussion with your child, you'll be able to help them to get prepared and make the transition back to school painless!





RETURNING TO SCHOOL FOR THE ANXIOUS CHILD

Here, we examine the best strategies to support your child in overcoming their back-to-school anxiety.

Going back to school after the summer holidays can be really daunting for some kids. There are plenty of emotions involved, from excitement and eagerness, all the way to worry and fear. Vague concerns about returning to school are common but if your child is really struggling, they may need some focused support from you. What does that involve?

TALK IT THROUGH

Let your little one know that nerves are normal. All kids (and parents!) find it a challenge to adjust back to the school routine - like any change, it brings up some amount of anxiety. Reassuring your child that they are not alone in feeling this way can help settle their stress, as does the gentle reminder that fear and courage can exist together and their worries will likely disappear after a few weeks, once they get used to being at school again.

Get specific

Sit down together and chat through which concerns they're finding particularly stressful. For younger kids it could be saying goodbye to you at drop off, being left out or speaking to new people. Older children might be more worried about exams, changing friendships, loneliness or problems with teachers. Teens tend to get anxious about study pressures, coping with stress and looking after their overall mental health. Ask directly and make sure to find out the specific things that are weighing on your child's mind.

FOSTER A SENSE OF BELONGING

Feeling a part of school life can impact social wellbeing, academic results and happiness for the better, whereas feeling apart from everything in school has the opposite effect. A sense of belonging starts at home with a positive and relaxed attitude from parents, as kids mirror what they hear from you and will likely adopt the same approach. It's good to use an encouraging tone when discussing school and remember to focus on the exciting things about returning, like seeing friends, making new ones, buying cool school supplies, trying new activities or getting back into old ones. Feeling acceptance at school and at home in regards to school plays a big role in how well your little one will reintegrate into school life. Make sure to show lots of kindness around this tricky topic and give your child a few weeks back to properly adjust.

PREPARATION IS KEY

Psychologically speaking, kids will feel more confident and capable if they are prepared on a practical level. This means making sure they have the right books, uniform (if applicable) and proper sports gear ahead of time. It can also be supportive to write down or go through any need-to-know information with your child, such as what time classes begin and finish, when lunch is, when collection times or afterschool activities are happening for each day of the week etc. Some basics should also be thought through, like reasonable bedtimes to get enough sleep, healthy breakfast ideas for proper energy in the classroom and an evening organisational routine. That usually involves children putting homework and books in their school bag the night before and laying out the next day's clothes to make things easier if they wake up sleepy!



BUILDING A SENSE OF INDEPENDENCE

Sometimes parenting is about not doing things for your kids and instead, making them responsible for tasks themselves. Unfortunately, it's the children whose parents do everything for them that flounder and feel most helpless when they find themselves alone in a challenging situation such as school.

Assign manageable jobs

Help your little one build up a sense of independence by encouraging them to stand on their own two feet in small ways, like making their own breakfast or packed lunch, or perhaps, getting themselves to school if they are old enough to do so safely. Anything that grows independence will also grow their self-confidence and trust in themselves to cope with various situations, as well as an internal feeling of resilience.

Growing confidence

Instead of fighting battles for them, try using phrases like "I believe in you" or "You've got this". However, be careful to stay compassionate and ensure that your little one feels seen, heard and validated. Empowering your child means finding a balance between empathising with their worries and encouraging them to face their fears. Respond warmly to any anxieties they share and unpack the source of their worry. Supportive sentences like "That sounds really difficult for you" acknowledge their emotions and are an important step before you encourage them to deal with their fears.

FAMILY TIME

Kids can feel a sense of loss when the school year begins. Sometimes school anxiety is not just made up of stress about school, but also based on a perceived lack of fun and enjoyment in their week. It makes sense that they might dread school if they don't feel like they have anything else going on to enjoy. So, try and make an effort to plan some nice activities for evenings and weekends. Perhaps a game night, baking together on Sundays or a weekend hike - it doesn't have to be complex, just a little fun to brighten their day. Providing kids with something to look forward to outside of school gives them a sense of optimism and relaxation that makes it easier to navigate the stresses of school.

KEEP CHECKING IN

Make the time to ask your child about their day consistently. Listen to what they have to say, ask questions so they know that you are interested in their life. Let them tell you all about what's going on (and no doubt there will be a lot to say at the start!) and try to continually gauge how they're handling the school environment. By keeping the lines of communication open, you will be much better informed to help them tackle any issues that may arise throughout the year.

It's completely fine to be worried by a new situation, but if you suspect your child's worries go beyond the usual back-to-school jitters, don't hesitate to talk to the teacher, school or your family doctor.

GOOD LIVING.



This month we check out some inspiring staycation ideas; exciting skincare and the perfect family vacation...together with the benefits to kids of taking holidays!



Here, Ella Ryan puts the spotlight on the KIND Collective, her skincare pick for August.

This month, I want to introduce mums to the KIND Collective, an Australian beauty brand with a mission... to bring women eco-conscious, vegan, multi-purpose cosmetics that simplify our beauty routines. Sounds good, right?!

There's no doubt that the beauty industry has undergone a big shift in the last number of years, with women (rightfully!) calling for products that are more environmentally-friendly, natural and useful. Well, KIND might just be the answer you've been looking for, available in the UAE from the start of August. Full of clever double-use products, KIND is perfect for busy mums who are short on time but don't want to compromise on their results!



THE HYBRID HEROES COLLECTION

Their brand new collection, the Hybrid Heroes range, consists of thirteen game-changing products, including high-performing bases, nourishing lipsticks, and lash and brow perfectors. The range is also complimented nicely by bamboo brushes with super soft vegan bristles. Check out my top three recommendations below!

MIRACLE GLO SKIN SERUM

The *Miracle Glo Skin Serum* is a multi-purpose serum that creates the smooth base of a primer and also gives the glow of a highlighter - all while nourishing the skin. This wonderful complexion booster gets its collagen boosting properties from a base of Hyaluronic Acid and the nourishing skin benefits of natural plant botanicals such as Kakadu Plum, Kangaroo Paw and Vitamin E.



WONDERLASH HEALTH+ MASCARA WITH ARGAN OIL

The *Wonderlash Health+ Mascara* is a natural 100% vegan formula that nourishes lashes while giving instant volume and definition. Boasting the blackest black pigment, this buildable mascara allows you to create your desired level of volume, ready for any occasion.

Formulated with a natural polymer, Cell-U-Lash, it helps to stimulate superior volume and give an amazing lift to



lashes. The formula repairs and nourishes your lashes with antioxidant rich Argan Oil, Kakadu Plum and Vitamin E, alongside the moisturising power of Shea Butter.

NATURAL MINERAL POWDER

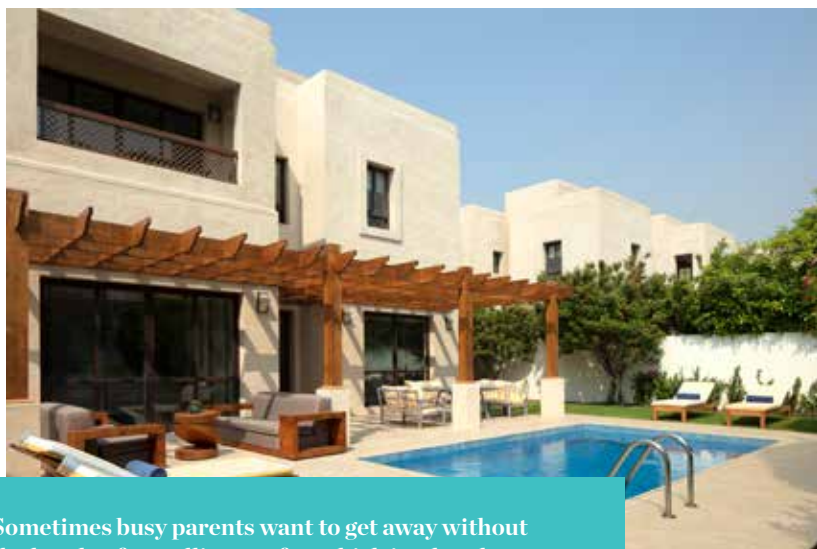
The *Natural Mineral Powder* is available in six versatile shades and is a finely milled face powder. It has a soft-focus, light-reflecting finish that evens out your complexion, covers redness and pigmentation and blurs the appearance of pores, fine lines and wrinkles. With skin nourishing Jojoba, Vitamin E and pore-refining Kaolin, this Australian made powder also includes the best in skin science, with Natural Blue Light Protection to keep skin safe from the stresses of blue light emitted from screens and SPF 15+ to protect skin from harmful UV rays.

Based on values of KIND-ness (to the earth, to people's daily needs and most importantly, to you!) all of their products are cruelty free, PETA accredited and boxed in 100% compostable bamboo packaging. Not only that, but mindfully selected, effective natural ingredients and affordability are at the forefront of their ethos. This is a beauty brand for real women, by real women...and it shows!

KIND Cosmetics products will be available exclusively at FACES stores across the UAE and KSA and online at www.faces.com the start of this month

DUBAI'S BEST STAYCATION HOTSPOTS

Are you in the mood for a rejuvenating break somewhere close to home? Well, why not opt for a staycation in Dubai this month.



Sometimes busy parents want to get away without the hassle of travelling too far, which is why a luxury staycation might just be the answer for you this summer. Whether you want to unwind and recharge, or spend lots of time being active, take yourself a world away from everyday life. Here are our two favourite places to go for a relaxing, beautiful holiday setting... without having to leave the UAE!

DUBAI CREEK GOLF RESIDENCES & HOLIDAY VILLAS

Spend some time this summer at Dubai Creek Golf Residences & Holiday Villas, where you can get an amazing vacation experience at the resort's array of stunning 2, 3, and 4-bedroom holiday villas, all without leaving the country. Located on the banks of the majestic Dubai Creek, these villas provide an idyllic setting for a luxury getaway.



Nestled in the heart of Dubai and surrounded by the iconic sites of the city, Dubai Creek Golf Residences offers the ideal place for summer fun, with a unique selection of villas that make the perfect base for your

next group holiday or family getaway. From an inspired assortment of award-winning restaurants to a luxury destination spa, every moment is meticulously curated to ensure a sophisticated, enriching, and memorable experience. I also love the fact that guests are also able to bring their furry friends along, so pets can enjoy a change of scenery for the summer too.

There is a special staycation offer that runs until August 31st 2022 and includes unlimited access to the Cave Kids Club, the club pool and gym, with preferred green rates for the championship golf at Dubai Creek Golf and lessons at Dubai Creek Academies.

Additional summer staycation discounts include:

- 25% discount on your total food and beverage bill at selected restaurants
- 40% discount on laundry services
- Special discount at Rossano Ferretti Hair Spa

Prices are as follows:

- 2-bedroom villa starts from AED 2,500++ per night
- 3-bedroom villa starts from AED 3,000++ per night
- 4-bedroom villa starts from AED 3,500++ per night

To book, email reservations.creekvillas@hyatt.com or call +971 4 602 1222



SUMMER LUXURY AT THE MEYDAN HOTEL

Great news! The gorgeous 5-star Meydan Hotel is offering some exciting Summer Staycation deals to give everyone a reason to stay in Dubai this season. So enjoy your summer to the fullest by indulging in total relaxation with a trip to this luxurious destination.

Stay with Meydan Flavours

Known for its extravagant buffets and signature dishes, you are guaranteed to be taken on a culinary adventure at the Meydan Hotel! Enjoy a selection of tasty treats, a pot of signature tea from Versailles, or a rich cup of coffee at the Millennium Lounge as you unwind. Take in the view of the racecourse over a delicious a la carte breakfast at Farriers restaurant or try the tasty set menus on offer for lunch or dinner at any of the hotel's venues - Millennium Lounge, Qube Sports Bar, or Farriers Restaurant.

Prices start at AED 699 per night and include lunch or dinner, treats at the Millennium Lounge, and breakfast at Farriers restaurant.

For more information, please visit <https://themeydanhotel.com/STAY-WITH-MEYDAN-FLAVORS>

Stay with The View

Enjoy complimentary access to The View at The Palm's 52nd floor and take in the gorgeous vistas on offer - featuring the Palm Jumeirah, the Arabian Gulf, and Dubai's iconic skyline. A special

experience that's not to be missed!

Prices start at AED 749 for a night's stay and 2 tickets to The View at The Palm during non-peak hours or AED 899 for a night's stay and 2 tickets to The View at The Palm during peak hours.

For more information, please visit: <https://themeydanhotel.com/STAY-WITH-THEVIEW>

Stay with Golf

This staycation package is perfect for every golf lover who might enjoy working on their short or long game at Meydan's lush golf course this summer.

The offer includes a golf experience at The Track, Meydan Golf, with a 9-hole round per person, per room and prices begin at AED 649 per night with a 9-hole round of golf.

For more information, please visit: <https://themeydanhotel.com/STAY-WITH-GOLF>

Stay for Love

Get away from the hectic demands of everyday life and enjoy a tranquil romantic vacation with your loved one, that includes a candle-lit dinner, a bottle of bubbly or soft beverages at one of the hotel venues, as well as a relaxed breakfast the next morning. Prices start at AED 899 and include a complimentary romantic dinner and breakfast at Farriers restaurant.

For more information, please visit: <https://themeydanhotel.com/STAY-WITH-LOVE>

All stay packages include exclusive access to the hotel's stunning infinity pool, fully equipped gym, golf course and tennis facilities (with applicable charges). Each stay is charged per room, per night and can accommodate 2 adults and 2 kids below the age of 12.

For reservations, or to find out more, please call +971 4 381 3111 or email Restaurant.ReservationsTMH@meydanhotels.com.

So, if you're yearning for a rejuvenating break and don't want to leave town, look no further than one of these great staycation hotspots, where you can let yourself unwind in style this summer... right here in Dubai!



WHY VACATIONS ARE BENEFICIAL TO CHILD DEVELOPMENT

We look at why a family holiday is so important in shaking off the past two years of pandemic disruption, refreshing and re-energising before the new school year starts.

The most memorable parts of childhood are often the memories we create having adventures on family vacations. Children will always remember moments like being on a boat ride and seeing playful dolphins popping out of the seas alongside the boat; snorkelling under the water and for the first time ever, discovering a whole new world of colourful corals and marine life; jumping off water slides or coming out of the front door of your holiday villa directly onto a sandy beach and crystal clear, warm sea right in front of your door. The places you went for meals, discovering new foods and buying local souvenirs that they keep with them through their childhood.

Some of children's best ever memories come from their best ever family vacations, where the sense of true carefree happiness and

togetherness will live forever in their memories. But more than this, studies have shown that a family holiday can be beneficial for the overall development of your child. Here are some ways that a holiday can benefit your children:

WHAT DOES THE SCIENCE SAY ABOUT VACATIONS?

Research has proven that a holiday makes a child happier and smarter.

Helps brain development

Vacations are the best way to nurture a child's natural desire to learn new things and children are always up for new adventures.

It has been proven that practical experience is a better way of learning new things. In an article that appeared in the UK Telegraph, Dr Margot Sunderland, child psychotherapist said that a family vacation provides the child with a rich learning environment with new experiences in social, physical and sensory interaction.

The enriched environment triggers the brain 'fertilisers' that are associated with higher IQ in kids and exploring a new place in a relaxing way, which helps in making your child smarter. Family vacations help in a child's brain development, which in turn improves concentration and is beneficial to physical and mental health. Studies have shown that children who travel get higher grades in school than those who don't.

Replaces stress with happiness

There is no doubt that pandemic life over the last two years has had a profound effect on children's development and emotional wellbeing. The effects of this are still being quantified, but Professor Jaak Panksepp, a leading US-based neuroscientist says that holiday experiences activate systems in a child's brain that trigger wellbeing neurochemicals including opioids, oxytocin and dopamine. Walking in green and lush spaces and taking in fresh sea air can reduce blood pressure, cholesterol and stress.

In effect, a great family vacation can help to eliminate stress and replace it with a genuinely happy feeling instead. Studies have also proven that spending regular time in nature can actually improve the concentration and attention of a child immensely.

A study conducted by the Family Holiday Association in the UK found that 49% of those surveyed said that their happiest memory was of their family vacation. The study showed that one-third of the people still clearly remembered their vacations. A quarter of those people said that they remembered these happy memories to get through the difficult times. Happy family vacation memories now, in this post-pandemic period can act as a trigger to bring children back to cheerful memories to replace the boredom and restrictions of the lockdown period. In short, we're providing children with a fresh sense of perspective, calmness and happiness to take into the new school term.

Creates strong family bonds

Parents and children are so busy these days that often they go without having a decent



conversation together for days, or even weeks. It is only when a family goes on a holiday that they get uninterrupted time to interact – walking along the beach together, exploring new places, discovering new food experiences together, going for a swim in the sea, talking about a fun days over dinner - these are things families enjoy doing when they are together on vacations. This kind of relaxed time that parents share with children, creates bonds that will last well into the school term and forever more.

Brings out their spirit of adventure

A good quality family resort a plane-ride from home is a brand new place to explore, purpose-built for a family vacation that becomes a fun adventure for children. You can read about the perfect resort in the pages overleaf, but the perfect resort is a place that is safe for children to freely wander around, has lots of little places to explore and still enables parents to relax and be carefree too!

Provides valuable experiences

We all cherish our relationships and these are essential for our well-being and the well-being of our children. That is why we often give gifts to our children to strengthen our bond with them. But is it only toys and other material gifts that make a lasting impression? Obviously not. A study published in the Journal of Consumer Research states that experiential gifts produce greater improvements in relationship strength than

material gifts. Instead of gifting toys to the little ones, planning a special getaway would keep children engaged for a longer time.

Helps children open up & appreciate their family more

Vacations are laid-back occasions and provide the best opportunity to really see the change in your child's mood. According to a survey conducted by online travel firm Expedia, 97% of teens felt that family vacations bring them close to their siblings; while 69% said their favorite memories happened on family vacations.

This could be because parents are more relaxed and let go of some of the rules and chores while on holiday (63%). Since children are more likely to open up and talk about what makes them happy, stressed or fearful, as parents can use the opportunity of a family vacation to have light-hearted conversations with them and informally discuss such things.

Rather than only restricting yourselves to visiting family abroad, taking truly carefree, fun-filled family vacations are important moments in childhood, child happiness and emotional development. As well as refreshing mind, body and spirit; replacing 'pandemic memories' with truly carefree and thrilling adventures and the sense of freedom on vacation; an idyllic family vacation also refreshes and rejuvenates your inter-family relationships.

Taking a vacation this summer will give your child an opportunity to explore and create new adventures, blast out the shadow of pandemic life and set them up perfectly for the start of the new school term.



THE PERFECT FAMILY VACATION ON...‘FAMILY ISLAND!’

What does a perfect vacation for families look like? Let’s put the microscope on a tropical island paradise family resort just 4 hours away from the UAE in the Maldives, called Ailafushi - which translates as ‘family island!’

Travelling with your children to the little island of Ailafushi in the Maldives could not be simpler - you simply walk out of the front door of the airport after a 4 hour flight and you're immediately hit with a view that tells you you've just landed in paradise! You'll see a picture-perfect beautiful little turquoise-blue bay in the Indian Ocean, with the soothing vista of palm trees...and your speedboat already waiting to take you the short 15 minute ride to Ailafushi. (No, you won't get splashed - the speedboat is fully covered!)

TROPICAL ISLAND LIVING

The Maldives temperature in August is around 26-30 degrees Celcius, making it the perfect temperature to spend lots of time to top up on your children's vitamin D levels outside and enjoy the easy island life that will relax and refresh all the family, regardless of their ages! The sea temperature this month is usually the same, so you'll enjoy the Ailafushi resort arranging the options of:

- Taking exhilarating boat rides to watch playful dolphins doing acrobatics in the water
- Letting the Ailafushi expert resort dive instructors teach your children how to snorkel or dive
- Taking romantic or relaxing beach walks every day, skimming your feet through the pure crystal clear, warm Indian Ocean
- Enjoying the views of your island from the water by hiring a jetski
- Discovering your inner child on a twisty waterslide that lands you in the warm, shallow waters at the shore of the beach - you'll be giggling with delight every time, just as your kids will!
- Going fishing, kayaking, banana boating or any of the other multitude of watersports or activities available
- Simply relaxing in perfect temperatures sunbathing by the sea or by the pool, watching the dive instructors practicing snorkelling techniques with kids in the shallow corners of the pool

LISTEN TO THE OCEAN FROM YOUR BED & PREPARE FOR BREATHTAKING VIEWS!

Beach Villas

Imagine how you'd feel waking up to the

relaxing, rhythmic sound of the ocean every morning, opening your eyes and seeing it in all its aquamarine-mint green glory directly outside your window - with maybe just your own little stretch of beach and a palm tree or two to obstruct your view! The Family Beach Villa options for your stay at Ailafushi gives you exactly this.

Water Villas

Alternatively, if you have enthusiastic swimmers in your family, you can opt for one of Ailafushi's Water Villas, with their bedroom terraces providing steps that take you directly down into a warm, shallow ocean that is so crystal clear, you can see to the bottom. There are life jackets included in every Water Villa, so even if you are not so confident in the water, you can still enjoy a private warm dip and you'll have your own balcony to hold on to for support!

Ocean View Family Rooms

If you prefer to wake up and start your morning enjoying a coffee on your private terrace, overlooking the white sands of the beach, taking in the expanse of crystal aquamarine ocean and palm trees, then this is the option for you. Aside from having a separate children's bedroom, the terrace is maybe the most picture-perfect scenic view it is possible to enjoy on this planet. It is a great space for families who want to take the time and space to feed a baby or toddler before family breakfast - or if you are an early morning riser that waits for the family to wake up - or simply to chill together

before you go and explore the breakfast options that are cleverly provided to suit every cultural taste.

BLISSFUL ALONE TIME FOR YOU, KIDS CLUB PARADISE FOR THEM!

If you want to enjoy some couple time alone, Ailafushi has a very extensive, multi-area, multi-activity Kids Club that is fully supervised and intelligently thought-out to keep kids entertained and happy all day long. Features include:

- A supervised and dedicated colourful kids pool for happy splashing and swimming
- A food and snacks menu especially for the children, so they won't go hungry while hard at play
- An outdoor games, games, play and climbing area for kids aged 2 years and above
- A play kitchen where they can indulge their culinary imagination!
- A teen zone with lots of games and hangout activities
- A quiet 'snooze' area with comfy beds for when little ones need their nap
- A supervised indoor climbing wall
- A karaoke and area for kids to let out their inner popstar

The Kids Club in Ailafushi really is a haven for children to let loose and simply be what they are supposed to be - fun-loving,





hard-playing little explorers who love to use all that energy to play with other kids and enjoy themselves while being mentally stimulated...and exhaust themselves ready for a good night's sleep!

YOUR FAMILY VACATION AT AILAFUSHI

Learn to Snorkel or Dive

With Ailafushi's own dive and watersports centre on site, expert dive and snorkelling instructors can teach you or your children how to explore and discover the underwater world of colourful corals, vibrant marine life and be thrilled by the experience of swimming or snorkelling alongside the colourful fish...and even sea turtles, one of the symbols of the Maldives.

Family Lunch in a Restaurant Under the Sea!

The 'Only Blu' Restaurant is built 6.8 metres underwater in the ocean and is

the largest under ocean restaurant in The Maldives! you'll enjoy the most memorable lunch experience of your children's lives while you enjoy the stunning panoramic views of the marine life, corals and colours of the Indian Ocean.

Watching the Dolphin Acrobatics in the Ocean!

Kids will be absolutely thrilled by a boat ride out into the ocean to spot wild dolphins excitedly enjoying themselves by swimming alongside your boat, jumping, spinning and doing dolphin acrobatics. This activity promises to be a memory that will last a lifetime for you and your children!

'Me Time' with the ELE | NA Spa & a Jacuzzi Overlooking the Ocean

You may never find a more breathtakingly beautiful location for a spa than the ELE | NA spa at Ailafushi. Short for 'Elements of Nature', the ELE | NA spa offers a full range of treatments for both couples and individuals. If you want to

involve the kids in a totally heavenly moment, book yourselves an outdoor family jacuzzi overlooking the serene aquamarine waters of the Indian Ocean beyond the creamy sands and palm trees in your foreground.

Fresh, Delicious, World-Class Cuisines

As part of its Fushi Plan package, the Ailafushi resort gives you an all-inclusive experience that includes breakfast, lunch, dinner at the international restaurant. It's buffet style, complete with a special dessert room! You'll be utterly spoiled for choice between the multitude of dishes from Europe, India, Asia, the Maldives itself. You'll find a huge array of salads, grills, fish dishes, home-made breads, and lots of beautifully presented appetiser bites if you want to try flavours from other countries.

Eat in any of the dining areas where the tables are laid inside different seating areas, depending on whether you're in the mood for sitting outside among the palm trees, on comfy lounge seats, in a more formal looking setting, or outdoors under the shade.

Imagine How It Feels...

Imagine the excitement of your children telling their school friends that they saw dolphins jumping out of the water this summer - or they went snorkelling and saw the amazing world of life and colour under the ocean - or how they beat their personal record of taking waterslides into the sea...on a tropical island!!

Imagine how you would feel with all your stresses melting away and instead filling you with calm, happiness, lightness and energy after a vacation enjoying nature, breathtaking scenery, great food, service geared for your comfort and enjoyment and most of all...your kids feeling the same!

If you are interested in taking an August family break, making the most of the half-term or festive break and want to experience everything described in this article, check the website:

www.coloursofoblu.com/obluxperience-ailafushi

***The Ailafushi resort is part of the appropriately named 'Colours of OBLU' brand by Atmosphere Hotels & Resorts.**



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