

ISSUE 135 | SEPTEMBER 2022 | DHS15

# Mother Baby & Child

**MANAGING  
SIBLING RIVALRY**

**LIVING WITH  
STRETCH MARKS**

**FOOD SWAPS  
FOR SUGAR**

**SENSORY PLAY  
IN NURSERY**

**NEW MOTHERS &  
ENERGY LEVELS**

**NEW SCHOOL TERM  
...NEW EYE TEST!**



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# EDITOR'S LETTER



## *Hello Mum!*

As a little kid, I clearly remember that the school summer break seemed to last forever and going back to school felt like a cruel shock to the system! From a parent's perspective of course, things look very different and you'll see the difference in your child's focus and routines. However, one thing we can't see is any potential impact from children using mobile device screens all over the summer. The blue light emitted by these devices can be harmful to a child's eyes with over-use in the short term, as well as potentially stacking up eye problems later in their lives. For this reason, our cover story (page 14) is a reminder to schedule an eye exam for your child as the new term gets underway.

Another common change of routine over the summer break is dietary habits - particularly an increase in childrens' sugar consumption. With the emphasis on school lunch boxes packed with healthy ingredients, it might be difficult for your child to lose the sugar craving. We've included some tips on weaning kids off sugar on page 18, together with some ideas for healthy food swaps that fulfil the sweet tooth, but without the sugar. Still on the subject of diet, we're also laying out a few reminder facts about the role of protein in a child's diet and why it is vital for growing kids, especially at the start of the school term! You'll find this on page 24.

All this talk of school! Mums are very much aware that there are four months of school life and the working routine to get through before the end of the year. And with the restrictions of pandemic life mostly behind us, why not take time now to plan the best family vacation you've ever had for the end of the year?! Beaches, dolphin watching, hikes, swimming in the warm ocean, relaxing, being around nature, unwinding and creating family memories together. Sounds appealing? We've recommended some family break ideas on page 42 that will give you some adventures to look forward to for either the half term break, or the longer end-of-year break.

As ever, we're always thinking about YOU! Ella Ryan has chosen her favourite beauty picks for you this month on page 46, including info on hair, skin and bath pampering! There's lots more for you to discover in this issue as we wish you a smooth back-to-school month!

Happy reading!

*Kay*

Editor

Mother, Baby & Child Magazine



## EDITOR'S —PICK—

### SKIP, HOP AND JUMP FOR THESE BACK-TO-SCHOOL COLLECTIONS!

Make back-to-school a fun adventure for little ones this month, with the new collection from Skip Hop. It features child-friendly bags and accessories for kids, cleverly designed as cute zoo animals. The zoo back-to-school range has 19 characters with different personalities to bond with, including the newly introduced Clark Crocodile set. Inspiring little ones' imagination and creativity, the zoo collections from Skip Hop include backpacks, water bottles, snack boxes and other accessories that are perfect for the classroom!

For children aged 7 and over, Skip Hop have launched their new Spark collection, with four cool designs that help kids' personalities shine! It includes backpacks, stainless steel bottles, lunchboxes and more. With two designs for girls - Very Strawberry and Clouds - and two for boys - Retro Robot and Space Rocket, this collection has something for everyone!

# C O N T E N T S

Editor's Letter 03

## THINGS TO DO 08

Things to Do - A Selection Of Our Favourite Things To Do This Month! 09

## WELLBEING 12

Wellness Starts Here: Maison Santé Clinic & Lounge 13

Why Does Every Child Need a Regular Eye Check Up? 14

Let's Talk About Stretch Marks 16

Weaning Kids Off Sugar: Healthy Food Swaps With Luke Coutinho 18

Finding More Energy As A New Mother 22

The Role Of Protein 24

## PARENTING 26

The Power of Saying "Next Time" 27

The Importance Of Sensory Play At Nursery 28

Boundaries: Everything You Need To Know 30

5 Tips For Talking To Teens 32

Managing Sibling Rivalry 35





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# C O N T E N T S

## EDUCATION

36

Handling School Head Lice!

37

How To Create The Right Homework Space

38

Start Off On The Right Foot This Term!

40

Back To School Essentials

41

## SCHOOL & FAMILY BREAKS

42

Time To Book Your End Of Year Vacation

43

The Art of Travelling Mindfully

44

Hiking In Big Sur

45

## GOOD LIVING

46

Editor's Beauty Picks

47

Competitions

48

## EDITOR'S PICK

### CLEAN, HEALTHY WATER WITH NATRL™

With all this summer heat, I'm always on the lookout for the cleanest drinking water I can find, which is why I was so excited to hear about natrl™. It's the UAE's first premium boxed mineral water brand and it's making waves among the water industry here. With a commitment to sustainability, natrl™ sources its artesian water from one of the cleanest places on Earth - the Heretaunga Plains in New Zealand.

Each 10 litre box is made using recyclable paper packaging, reducing the need for harmful plastics by 90% compared to other premium brands - how cool is that?! The 100% natural mineral water is ideal for the whole family, with a 7.5 pH level that is completely in sync with our bodies, to aid digestion and hydration. Such is the quality of natrl™ box water and its taste, it's even been approved by Allison Poerner, the Middle East's first water sommelier.

It's also incredibly easy to use, thanks to a simple nozzle tucked inside. And it's portable, which means you can keep it in your fridge or on your desk at the office.

*The 10l natrl™ box water is available from [natrllife.com](http://natrllife.com), Kibsons, Noon and more at RRP AED 60.*







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# THINGS • TO DO •



Our recommended  
fitness & culture  
activities; hair & beauty  
offerings; and family  
food adventures for this  
month!



## ELEVATE YOUR EVENING WITH A TRADITIONAL TURKISH BBQ DINNER AT DOUBLETREE

This month, why not treat yourself and your family or friends to an authentic Turkish BBQ dinner that will transport you to the land of colourful cobbled lanes and delicious culinary marvels at DoubleTree by Hilton Resort & Spa Marjan Island.

Indulge your taste buds in a delectable spread of succulent mixed grills, cooked with fragrant spices and served with delicious cold mezze and warm, freshly cooked bread. Signature favourites include a perfectly grilled lamb rack, tender and juicy lokum steak as well as fresh tiger prawns in salt. How tasty!

Don't forget to take in the atmosphere, from picturesque views of the Arabian Sea to the groovy sounds of Arabic-style live entertainment. For those of you who enjoy lingering after dinner, you will love sampling some shisha on the terrace, available in a wide variety of flavours.

**Day:** Saturdays, or Sundays upon request

**Time:** from 6pm onwards

**Price:** AED 268 for two

*For more information or for reservations please call 07 203 0104.*





## LEARN NEW SKILLS AT DUBAI ICE RINK'S ICE-SKATING ACADEMY

The Dubai Ice Rink Skating Academy is offering the perfect chance for your kids to learn how to skate or to hone the skills they already have. Running from September 3 to October 20, this 7-week course will be held at the Olympic-sized Dubai Ice Rink, located conveniently at Dubai Mall.

Lessons are half an hour each and will be held every Tuesday, Thursday, Saturday, and Sunday, with skaters able to partake in up to three sessions per week. This is a fantastic opportunity for any little one (over the age of six!) who has an interest in having fun at the ice rink.

To give the best possible instruction, class sizes are capped at 12 and on the final day, the academy will award your child with a certificate of completion which they can proudly keep!

**Dates:** 3rd September - 20th October

**Days:** Tuesday, Thursday, Saturday and Sunday

**Ages:** 6 years old and above

**Price:** AED 899 for one session per week, AED 1470 for two per week and AED 2205 for three per week

**Email [academy@dubaicerink.com](mailto:academy@dubaicerink.com) to enrol before 15th September 2022**

## EUROPEAN BRUNCH AT BRASSERIE 2.0



Le Royal Meridien Beach Resort & Spa is hosting a very special international Au Soleil Brunch, every Saturday afternoon throughout September. Inspired by its European heritage and the allure of the Côte d'Azur, the Au Soleil Brunch invites you and your family or friends to experience the playful glamour of the European summer, in the heart of Dubai!

The menu consists of scrumptious quick bites, hearty main courses and delicious desserts; while those who want to quench their thirst can choose from a variety of drinks options. Highlights include fresh seafood, salads, beef wellington, butter chicken, freshly baked pizza, paella and a fine selection of sweet treats.

**Location:** Brasserie 2.0, Le Royal Meridien Beach Resort & Spa

**Price:** AED 400 inclusive of soft beverages, AED 550 inclusive of selected house beverages and sparkling, AED 850 inclusive of selected house beverages and bubbles

**Date:** Every Saturday until September 24th

**Time:** 1:30pm - 4:30pm

**For reservations, please call + 971 4 3165555 or visit [brasserie2point0.com](http://brasserie2point0.com)**

# FESTIVAL VIBES AND BITES AT YAVA'S FIRST STREET WEEK

The chic eatery YAVA is hosting its very first 'Street Week', bringing you festival vibes and the best of Palestinian and Mediterranean ready-to-eat nibbles, alongside upbeat, lively hits. Perfect for a quick bite with the kids, on the go, or long catch-ups with friends over delectable dishes.

Running from the 2nd - 12th September, visitors to YAVA will be treated to great music, a casual, energetic ambiance and unparalleled flavours from the Mediterranean and Palestinian regions.

YAVA's limited menu, curated for the occasion, will feature memorable bites including Babka Nutella, a soft, airy bread coupled with a thick, delicious dose of Nutella; Babka Fig, the traditional Babka with a sweet and mouth-watering gooey fig insert; a YAVA Burger, featuring double patties, cheese, tzatziki, and all the frills in a freshly made potato bun; for vegetarians and vegans, Zataar Fatayer and a good old Falafel sandwich for a colourful and fresh option.



Offering authenticity and an abundance of delicious options, 'Street Week' brings you the true essence of Palestinian food and fun, offering traditional tastes that are rarely available in the city.

**Location:** YAVA, Wasl 51 Complex

**Dates:** 2 - 12 September

**Time:** Weekdays 8am - 11pm, or 8am - 1am on weekends

## REFRESH YOURSELF WITH SEPTEMBER BEAUTY OFFERS

Returning to work soon after a holiday can be quite the adjustment. Luxury beauty and wellness destination Coya Spa and Salon has some of the best treatments and offers this month to help you ease back into 'real life'.

From bespoke hand and feet rituals to revitalising facials and hair treatments, step into the Amazonian-themed spa haven and indulge in a luxurious wellness experience at the hands of its expert therapists and technicians.

### Coral Bliss Mani Pedi

Why not treat yourself to the Tropical Island Spa treatment for hands and feet? Enjoy a scrub, lotion, and a full manicure and pedicure by expert nail technicians that will leave your skin soft and supple.

**Price:** AED 170

### Collagen Hair Treatment

You know what they say - with gorgeous hair, nothing is impossible! For a limited time, take advantage of an exclusive 50% off offer on collagen hair treatments and be ready to face

the world with beautiful soft tresses.

**Price:** AED 200 upwards

### Full Hair Colour

Whether you're opting for a quick hair refresh or contemplating a complete hair makeover, let the expert stylists at Coya Spa and Salon transform your locks and help you achieve the look you're going for. Avail of a special 30% discount this month only and enter the new season with fabulous hair.

**Price:** AED 200 upwards

### Teami Detox Facial

Find your skin's perfect balance with the 60-minute Teami Detox Facial. Sit back, relax, and say goodbye to skin impurities while replenishing your skin with superfood nutrients. This powerful deep-cleansing facial also includes blackhead extraction, leaving skin feeling purified, clean, and renewed.

**Price:** AED 450

**Call +971 4 6015555 to book - all offers valid until end of September**



# SPECTACULAR SHOWS COMING TO DUBAI OPERA THIS SEPTEMBER



The seat of culture and art, Dubai Opera is a 2000 seat multi-format performing arts centre situated in the heart of Downtown Dubai. Home to many exquisite performances, Dubai Opera has announced its September line-up of four eclectic, world-renowned shows and concerts.

## Romeo and Juliet

Watch Shakespeare's classic masterpiece, Romeo & Juliet, come to life by the prestigious State Ballet of Georgia. Set to

the music of renowned composer, Sergi Prokofiev, this is a memorable ballet like no other.

**Date:** September 9th - 11th

**Time:** Friday at 8pm, Saturday and Sunday at 2pm and 8pm

**Price:** Tickets start from AED 325

## La Traviata

Witness the famed opera by Giuseppe Verdi containing one of the most iconic, romantic and tragic scores of all time. La Traviata is an opera in four acts, contrasting vibrant party scenes with tender moments within the captivating performance.

**Date:** September 13th - 14th

**Time:** 8pm

**Price:** Tickets start from AED 325



## Ghostly Kisses

Ghostly Kisses, the dreamy musical project of French-Canadian singer-songwriter, Margaux Sauvé, will be performing for one-night-only at Dubai Opera. Singing songs from her mesmerising debut album "Heaven, Wait" and euphoric anthems such as "Empty Note" and "Heartbeat", this will be Ghostly Kisses biggest concert to date and her only concert in the MENA region throughout Autumn.

**Date:** September 17th

**Time:** 8pm

**Price:** Tickets start from AED 175

## Michael Lives Forever, A Tribute to Michael Jackson

A true spectacle, the live interpretation of his many legendary songs is complete with time-travelling costumes and choreography, curated by Lavelle Smith, the dancer and choreographer of Michael Jackson himself.

**Date:** September 23rd-24th

**Time:** 8pm

**Price:** Tickets start from AED 295

**To book any of these performances, please visit: [www.dubaiopera.com](http://www.dubaiopera.com)**

## BOXICA - A FRESH KIND OF FITNESS THERAPY

Being a mama comes with its fair share of stresses and worries, which a satisfying workout can help you to manage. Enter Boxica - a community-based gym, located at The Hive, Studio City that promises more than just physical results. With mental health as a core value, Boxica's mission is to provide people of all fitness levels a space to strengthen from the inside-out, using boxing as a form of therapy.

Their eclectic portfolio of classes has something for everyone, with first time packages starting at AED 149 and including any 3 studio classes. Monthly memberships are also available.

**Call +971 55 483 8361, email at [hello@boxica.ae](mailto:hello@boxica.ae) or visit [www.boxica.ae](http://www.boxica.ae) for more information.**





# WELLBEING



The importance of eye check-ups for kids for the new school term; weaning kids off sugar; the role of protein...and more!



WELLNESS STARTS HERE:  
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## Healthcare that puts you first!

*This holistic wellness centre gives you comprehensive care to support your physical, mental and emotional health needs - with both virtual care & in-person care.*



Maison Santé is a leading wellness concept based in Dubai, UAE. For almost 20 years, the Maison Santé Medical Director & Co-Founder, Dr. Maria Ridao Alonso, has specialised in integrating health into wellness and developing wellness programmes, treatments that promote health & wellness through a mindful living.

Women's health has been a passion for Dr. Maria, so Maison Santé cares of women through all phases and challenges in day-to-day life, including:

- Helping women to fall pregnant with natural fertility treatments
- Improving PCOS (Polycystic Ovary Syndrome) and other hormonal imbalances
- Supporting all aspects of women's health during pregnancy
- Helping and supporting women throughout the menopause transition

### Personalised treatment plans according to YOUR needs

Thorough assessments are designed to give us a detailed picture of our patient's state of mental and physical health and to talk

about the areas that you feel need special attention. The assessments enable us to make personalised treatment plans that treat root causes, rather than just the symptom - and this often includes lifestyle recommendations.

### Wellness during pregnancy, childhood & beyond

Preventive Medicine starts during pregnancy, because health and lifestyle choices at that time will influence health and wellbeing for the future. Childhood choices can put kids at risk of chronic diseases later in life. Therefore, Maison Santé emphasises early education on lifestyle and check-ups for prevention.

### Treating mind & body holistically

Maison Santé heralds a new era in local health care, offering a one-stop holistic place for mind and body, with a mission to educate patients and raise awareness about the importance of preventive and holistic medicine. The uplifting yet relaxing environment instantly revitalises you, backed by fantastic service, state-of-the-art equipment and highly professional, compassionate practitioners.

### Services & treatments offered

Maison Santé delivers a full suite of medical treatments, such as:

- Preventive medicine
- Traditional Chinese Medicine
- Physiotherapy
- Manual Lymphatic Drainage
- Psychology
- Advanced Diagnostics
- IV Infusions
- Laser Therapy
- Nutrition coaching

...along with a raft of other health services designed to maintain and maximise good health.

Maison Santé is a wellness hub for those looking to start their wellbeing journey at any point in their life - ideally as early as possible!

The concept also offers a carefully-curated selection of premium supplements and organic retail and food products, organic beverages and snacks in their dedicated Lounge & Cafe area, where clients and patients can relax before or after their visit.

Maison Santé redefines the philosophy of holistic wellness, taking the best elements of current global health practice and transforming them into a holistic experience that takes into account your body, emotional health and individual needs.

### Where to find us...

This tranquil and beautiful interior designed clinic is located on the 2nd floor of Meyan Mall on Al Thanya Street.

#### Website:

[www.maisonsante.ae](http://www.maisonsante.ae) | Phone: +971 4 324 4432  
| Email: [info@maisonsante.ae](mailto:info@maisonsante.ae)

**WhatsApp/Mobile:** +971 50 900 7929

#### Social media

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- **Twitter** - [twitter.com/MaisonSanteDXB](https://twitter.com/MaisonSanteDXB)
- **TikTok** - [tiktok.com/@maisonsantedxb](https://tiktok.com/@maisonsantedxb)

# WHY DOES EVERY CHILD NEED A REGULAR EYE CHECK UP?

*The blue light emitted by phone and tablet screens is harmful to children's eyes. After a summer break with the freedom to stay up late and use devices later, longer and more frequently than normal, it is vitally important to arrange an eye check-up ready for the new school term.*



Good vision is essential to a child's learning experience and this will be reflected in academic performance. For this reason, it is advisable to arrange an eye examination for your child at the start of the school term, especially if they have been spending a lot of time on screens over the summer.

At our MBC 'Back to School' event last year - where a panel of experts answered questions from the audience - a confident little 4-year old girl asked one of the experts why "It looks like I'm crying when I watch a movie on my phone, but it's not really crying, it's water coming from my eyes." Even at the tender age of four, the girl understood that she was experiencing eye issues from the screen where she is regularly allowed to watch movies.

She is right - the blue light from screens has a direct impact on children's health and commonly causes multiple disorders including headaches, eye strain and sleep disorders. It increases the chances that a child will become astigmatic, myopic or hyperopic in adulthood. While children might wear eyeglasses or sunglasses in regular life, most have no protection from too much screen exposure.

## **The importance of a professional eye exam**

According to research in Canada, only one third of children are examined by an optometrist before entering school, and 61% of the parents surveyed mistakenly believe they can detect their child's eye problems. The fact is, you can't always see optical damage without a proper eye examination.

A child's crystalline lens hardly filters UV and does not filter the blue part of the light spectrum. Therefore, it is important to have an optometrist perform an eye exam so that a child can be fitted for a pair of glasses specifically designed to block the harmful effects of blue light.



Glasses that guard against blue light are available for children, but ask your eye specialist about the types of glasses that will best protect your child's eyes against light from screens.

## RECOMMENDATIONS FROM OPTOMETRISTS AND OPTICIANS

It is important to have a child screened very early for vision problems. Optometrists recommend getting an eye exam for children at the following times, even if there are no signs of an eye problem:

- Around 6 months of age
- Around the age of 3
- Around the age of 4-5, before entering school

### Before the age of 2

According to some studies, before the age of 2, non-interactive screens such as those used for television and DVDs have only negative effects. They can cause visual disturbances, delayed language and a lack of concentration and attention, and should therefore be avoided for children under two years of age.

### Between age 2-3

Between 2 and 3 years of age, exposing children to television in a passive and prolonged way and without an interactive, educational human presence is strongly discouraged by optometrists. Of course, the ideal would be not to expose them at all to these screens because, at this age, children need to build skills that require their eyesight, such as working out temporal and spatial guidelines. For that reason, good vision is extremely necessary.

From the age of 3, screens help children to distinguish between the real and the virtual. They will be able to copy and imitate what they see. However, they should not spend more than 1 hour per day in front of a screen (all devices combined). Screens are fine, but in small doses.

### From 4 to 6 years of age

At about 4 years of age, computers, game consoles and especially (parents') mobile phones can seem like an occasional casual gaming 'toy' for the child - and some parents



are happy to keep their child occupied this way for a while - or even as a 'reward'. However, it is important to keep an eye on a child's usage time and avoid allowing a child to play alone because at this age, and up to 6 years old, they can easily get addicted to phones and devices addiction - complete with withdrawal symptoms! It is therefore strongly advised to not allow a child to have a personal device before this age.

Aside from the addiction qualities and likelihood of potential eye problems, it is between the ages of 3 and 6 that children develop their foundation of manual and sensory skills. Optometrists recommend that children not exceed one hour of screen use per day. They also recommend that parents are there to supervise their child's use of a device.

### From 6 to 12 years of age and older

A child's social development and confidence in interacting with people should be established between the ages of 6 and 10 years. Spending these years silently hunched over a screen works against this in a big way!

From 9 to 12 years of age, children need to explore the world and its complexity. From the age of 12, parents should monitor possible night time screen use because it can be harmful for their eyes in both the short and long term, as well as interfering with a child's sleep.

Excessive use of screens and especially the Internet can lead to 'flashing' thoughts that are too fast, superficial and fluid. This reduces a child's memory as well as causing drowsiness, concentration issues and eye problems.

### The impact on eyes

If your child has been spending their summer break immersed in watching movies, talking with their friends a lot or gaming on a phone or tablet device, the number one thing the child needs at the start of the new school term is an eye examination to help establish the effects of too much screen use.

There are also some signs to consider if your child spends a lot of time in front of screens in general. For example, if they blink too often, this may be due to dryness that is often caused by screens. To protect eye health, an optometrist should be consulted for an eye exam to enable any corrective action that may be necessary to restore good eye health.

### SCHEDULING REGULAR EYE EXAMS FOR CHILDREN

Young people need to have an eye examination every year, between the ages of 6 and 23. From the age of 6, a child's eye exam is very similar to the one adults are given. When a vision problem is diagnosed, the optician is in a position to correct the issue and likely prevent further damage.

# LET'S TALK ABOUT STRETCH MARKS

## WHAT ARE STRETCH MARKS?

Stretch marks are a kind of scar that appears when our skin stretches or shrinks quickly, leading to a tear in the collagen and elastin. The skin does what it is good at and heals! Except when it heals from this kind of abrupt change, stretch marks can appear.

## WHO GETS THEM?

Not everyone is prone to developing these marks on their skin. You're much more likely to get them if you have been through something that causes your hormones to fluctuate or if there are others in your family who also have stretch marks.

The following times are when you have the highest chance of gaining stretch marks:

- Puberty, when your body grows rapidly
- Pregnancy
- Quick weight gain or loss
- Building muscle quickly, usually due to weight training

## WHAT DO STRETCH MARKS LOOK LIKE?

When you first notice a stretch mark has appeared on your body, it can be red, purple, pink, reddish-brown or dark brown, depending on your ethnicity, skin tone and colour. When these marks first appear they can be itchy or even sore and are often raised to the touch. It's important to know that all of these colours and textures are completely normal and very common!

Over time, the look of your stretch marks can change. They often become less pigmented, fading to a white, silver, golden or brown colour, again depending on your skin. Some stretch marks become smooth



and are not noticeable to the touch, whereas other, deeper stretch marks can stay raised or sink slightly, so you may feel a dip when you run your fingers over them.

## FEELING CONFIDENT!

It can be a journey to appreciate what stretch marks stand for! If you feel as if you would like to reduce the visibility of stretch marks in some parts of the body, or, if you or your husband want to reduce the stretch marks you might have from workouts and weight changes, then there are ways to address this, if you think it would help with confidence. Certain laser treatments and microdermabrasion treatments are designed to help fade these marks.

However, the most accessible and simple treatment is to apply an ointment, such as Bio Oil, consistently for a number of months to give the skin everything it needs to fade your stretch marks naturally. These specially formulated oils work effectively to improve the appearance of stretch marks and uneven skin tone, using plant extracts and vitamins A and E, to help improve the skin's texture and increase its elasticity.

Always remember, stretch marks are the badge of honour that show you're a mother and something amazing has happened with your body! Ultimately, the best thing is to work on accepting this as a positive and consider these scars as part of your wonderful story.



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



New Bio-Oil® Skincare Oil (Natural) is made entirely from natural ingredients. By harnessing the power of science and nature, Skincare Oil (Natural) matches the efficacy of the original Skincare Oil - the world's leading scar and stretch mark product.

Bio-Oil® Skincare Oil (Natural) is formulated to help improve the appearance of scars, stretch marks and uneven skin tone. For comprehensive product information, please visit [bio-oil.com](http://bio-oil.com). Bio-Oil® is available at all leading pharmacies in the UAE.



# WEANING KIDS OFF SUGAR: HEALTHY FOOD SWAPS WITH LUKE COUTINHO

*Luke Coutinho is an award-winning holistic lifestyle coach and author specialising in nutrition and lifestyle medicine. Here, he lends his expertise and recipe ideas to help you swap your child's sugary treats for healthy alternatives.*



Sugar and processed foods have existed for a long time. Most of us grew up consuming sugar in our tea, in homemade treats, on special occasions etc. and we remained relatively healthy with it in our diets. The difference today is that the amount of sugar in children's diets has dramatically risen, with many kids consuming it every day. Combined with the high level of sugar hidden in 'normal' products and the modern convenience of (sugar-laden!) shop-bought food, most kids could benefit from actively reducing their intake.

## HIDDEN SUGARS

Sugar lurks in many everyday products and is found in many forms. We drink our sugar in energy drinks, fruit drinks, juice from concentrate, soft drinks and sweetened coffee or teas. We also eat our sugar through snacks. There are some well-known ones to limit, like brownies, cookies, doughnuts and ice cream, but you can also find large quantities of sugar hidden in products like bread, salad dressing, granola bars...even fat-free yogurt!

## Advertising gimmicks

It's so important to be mindful of advertising gimmicks when it comes to food choices. 'Fat-free' doesn't mean 'sugar-free' and even 'sugar-free' doesn't mean 'healthy' because although it may not have sugar, it does have artificial sweeteners which many nutritionists consider just as harmful.

## THE CONSEQUENCES OF SUGAR

Sugar compromises children's immune system and is highly inflammatory in nature, making kids susceptible to a variety of diseases. It can also affect them more immediately in other ways, like mood swings, allergies, difficulty concentrating at school, hyperactivity and feelings of sadness, irritability and low motivation.

## BREAKING THE HABIT

When we eat sugar, our brain releases lots of dopamine, a chemical that is essential to our 'reward system' - meaning we want to keep eating more and more sugar, and often! Unfortunately, everytime we eat sugar, we reinforce this connection so it can make it more challenging to break the habit for children



after the fun of summer holidays - but not impossible!

The good news is that kids have very trainable taste buds and with some careful swaps, parents can help their little ones develop a preference for natural sugar alternatives over white refined sugar. These include foods such as:

- Raw honey
- Jaggery
- Dates or dates syrup
- Coconut sugar
- Stevia
- Dried fruits like apricots, raisins and figs

## TAKING THE RIGHT APPROACH

The best approach is to read the back of food packaging to become aware of common culprits and their healthier alternatives. For example, ketchups, jams and spreads are every kid's delight but sadly these items also tend to be loaded with sugar and high fructose corn syrup (which is another form of sugar). Most brands of jams have close to three teaspoons of sugar per tablespoon of jam - and it's these sort of daily habits that add up! However, that does not mean you need to give up on jams, sauces and spreads altogether. There are healthier and cleaner alternatives available sweetened with

jaggery or stevia in place of sugar. It is all about taking the effort to search for these products or make them yourself at home with healthier ingredients.

## Leading by example

Possibly the most powerful thing a parent can do when it comes to dietary choices is to lead by example. Kids look up to and emulate their parents' behaviours all the time. If you want your little one to switch to natural forms of sugar, it can be really helpful if you demonstrate that change too. Children are like sponges - they are usually more willing and open to trying new foods and dishes than you may assume!

## HEALTHY RECIPE IDEAS

Luke Coutinho has suggested some recipes to make as tasty, healthy treats for little ones, to replace any sugary snacks that may have crept in over the summer holidays. His approach is based on making positive lifestyle changes (such as these!) and using good quality food to strengthen and protect kid's health. Luke and his team specialise in childhood obesity and weight management in children and this month, he is on a mission to help mums reduce their child's sugar intake for the school term ahead. Below are his delicious healthy treat recipes, great for lunchboxes or after-school snacks!

## RAGI ICE CREAM

*If you prefer, you may substitute ragi with raw banana flour or almond flour.*

### Ingredients

**For the slurry**

- 2 tbsp ragi flour
- 1 1/2 cup of water

**Other ingredients**

- 2 cups of water
- 2 tbsp organic jaggery powder or date palm jaggery
- 1/4 tsp cardamom powder
- 2 drops of pure vanilla extract
- 2 tbsp organic peanut butter
- Raw cacao nibs to garnish
- 1 tbsp nuts, finely chopped to garnish

### Steps

**Making the slurry**

1. Measure out ragi into a bowl
2. Add half a cup of water
3. Whisk well to ensure that there are no lumps

### Method

1. Heat two cups of water in a thick-bottomed pan
2. Once the water boils, add the slurry and stir it once
3. Let it simmer on a low flame
4. Once the mixture thickens, add the jaggery powder and cardamom powder to the pan
5. Turn off the flame
6. Once it cools down, put it in the blender with the peanut butter and vanilla extract and blend to a fine consistency
7. Transfer into a container, garnish with raw cacao nibs and chopped nuts
8. Let it sit in the freezer for four to five hours
9. Serve chilled



## AVOCADO BEETROOT MOUSSE

*This is a smooth and creamy pudding that is not only satiating for your child's sweet tooth but also loaded with wonder nutrients too. Avocados provide healthy fat and the other ingredients give it a nutrient dense profile of fibre, vitamins B, C, K, and E, potassium and magnesium, making this a super healthy all-time favourite delicacy. With this recipe, you have the flexibility to add on different toppings to tailor it to your child's preferences.*

### Ingredients

- 2 large avocados, peeled and diced
- 2 medjool dates soaked in 1 tbsp water
- 1/4 cup unsweetened coconut milk or almond milk as needed
- 2 tbsp raw cacao powder
- 2 tsp beetroot powder
- 1/2 tsp ground cinnamon
- 1/2 tsp pure vanilla extract
- 2 tbsp pure maple syrup

### Steps

1. Add all of the ingredients for the pudding to the food processor
2. Pulse the mixture and until it reaches a smooth mousse consistency
3. Transfer it into containers or tiny glasses and refrigerate it until the mixture is firm
4. Garnish with any toppings your child enjoys!

### Optional topping add ons

- Pumpkin seeds
- Cacao nibs
- Coconut flakes



## BANANA OAT MUFFINS

*These muffins are a wonderful lunchbox treat! Rich in fibre, potassium and antioxidants, they are a perfectly healthy way to curb your child's sweet cravings. Feel free to add your own twist and experiment with variations by adding pumpkin seeds, grated coconut and anything else that you enjoy.*

### Ingredients

- 1 cup oats, ground into flour
- 2 tbsp of melted virgin coconut oil
- 3 tbsp date and palm jaggery syrup
- 1 egg
- 1 cup mashed ripe banana (about 1 whole banana)
- 1/2 cup milk of choice or water
- 1/2 teaspoon baking soda
- 1 tsp vanilla extract
- 1/4 teaspoon salt
- 1/2 teaspoon cinnamon plus more for sprinkling on top
- 1/3 tbsp chopped almonds (or you can use chocolate or dried fruit)

### Steps

1. Preheat the oven to 325° Fahrenheit (or 165° Celsius). If necessary, grease all cups of your muffin tin with a small amount of coconut oil
2. In a large bowl, beat the coconut oil and date palm jaggery syrup together with a whisk. Add the eggs and beat well
3. Mix in the mashed bananas and milk, followed by the baking soda, vanilla extract, salt, and cinnamon
4. Add oat flour to the bowl and mix with a large spoon, until combined. This recipe calls for chopped almonds but feel free to use other nuts, chocolate, or dried fruit and fold them in
5. Divide the batter evenly between the muffin cups, filling each cup until about two-thirds full
6. Bake muffins for 22 to 25 minutes, or until a toothpick inserted into a muffin comes out clean
7. Place the muffin tin on a cooling rack to cool. You might need to run a butter knife along the outer edge of the muffins to loosen them from the pan
8. These muffins will keep in the refrigerator for up to 4 days



## LENTIL WAFFLES

*Waffles are a truly child-friendly snack, but this is a waffle with a difference! It fuels your little one with complete protein and healthy carbohydrates. Some nice ideas for variation include adding some eggs or pumpkin puree. For those who prefer a savoury version, try including chopped vegetables, herbs and spices and omit the jaggery, cinnamon and vanilla extract.*

### Ingredients

- 1/2 cup red lentils (you can use green split lentils too)
- 1 cup almond milk or coconut milk
- 1 cup raw banana flour
- 3/4 cup sattv flour
- 1/3 cup organic jaggery powder
- 1 Flax egg - 1 tbsp ground flax seeds, beaten with 3 tbsp water
- 1 tsp pure vanilla extract
- 1/2 tsp cinnamon powder

### Steps

1. Soak lentils for 8 hours in water
2. The next day, blend the soaked red lentils with almond milk or coconut milk and vanilla extract until smooth
3. In a separate bowl, mix all dry ingredients - raw banana flour, sattv flour and jaggery
4. To finish the batter, pour the blended mixture into a bowl, add the flax egg and mix with a whisk
5. Heat up your waffle maker and make a crispy and delicious waffle!

Armed with these flavourful recipes, you have some tools to start weaning your little ones off of sugar for the school term ahead. By implementing these healthy treat substitutions and consistently checking food packaging for sugar content, you can slowly tweak

your child's diet habits to keep their sugar intake low. If you have any concerns, speak to your healthcare provider before introducing new foods or allergens into your child's lifestyle, especially if they have any health conditions or take medication.



# FINDING MORE ENERGY AS A NEW MOTHER

*Most mums will tell you that at the start, they were tired all the time. Let's look at a few ways to reclaim some energy and stay positive through the tougher days.*

Many of life's norms dramatically change with the arrival of a new baby! Those lovely, long nights of sleep are no more and you'll now find yourself working almost non-stop throughout the day. All of this means that you will likely be feeling drained! The easy, short-term fix is to reach for a coffee to power you through the afternoon, but that's not always the best idea. If you can make a few small changes, you'll feel that you're losing less energy during the day and have more for yourself and your little one.

## GET USED TO SAYING "NO"

A good place to start is to say no to some things that you would usually feel required to do. While it can be a great idea to socialise and stay involved in your own life, it can all be a bit of a strain on your energy, especially when you don't have much left in the tank. If you feel worried about that upcoming party, feel free to give it a miss and catch up on some well-deserved rest. With that being said, don't forget to enjoy yourself!

## GENTLE EXERCISE

Research suggests that exercising regularly is one of the best methods of shaking off that worn-out feeling. Going for a brisk walk or working out may be the last thing you feel up for ahead of a day looking after your child but it has been shown that introducing regular exercise into your week will, in fact, provide you with that energy you feel you're lacking. If you want, invite some friends along and you'll be able to catch up on all the news while supercharging yourself!

## TREAT YOURSELF

Go for that massage, pamper yourself, hit the snooze button if you can get away with it. It's more important than ever to take a little part of the day for yourself. This will make sure that you're replenishing your reserves enough to sustain the amount you have to give every day.

## EAT WELL

Don't worry too much about snapping back into pre-pregnancy shape. As we know, there is a lot of pressure on mums to look a certain way soon after giving birth. This pressure is unhelpful at such a precious and challenging time and is also unhealthy for mothers' mental and emotional wellbeing. That being said, you have a demanding job on your hands raising your little one, so it's best to eat accordingly. Now, we're not saying to turn to junk foods and fast food. It's more about eating lots of nutritious meals that will keep your energy up and support you throughout the day. Get plenty of protein and carbohydrates in to help you keep the show on the road!

## PUT IT IN THE CALENDAR

A great way to get through the harder weeks is to have something to look forward to. It doesn't have to be anything too extravagant. It can be going to the cinema, going for brunch with the girls, or catching up with a friend over coffee. You'll be able to be yourself, talk about how everything with your little one is going, celebrate the good parts, express how difficult the not-so-good parts are and generally just decompress a bit. With social plans like these scheduled out in advance, the tough work of the day-



to-day will seem more manageable. No matter how challenging it gets, you'll know that you're going to be having some fun soon!

## NAPTIME ISN'T JUST FOR BABIES

Mums deserve naps too! If the afternoon slump is hitting that bit harder, try a power nap. Set your alarm to go off in around 15 minutes and close those tired eyes. Short naps like this will restore you a lot more than you might think and are usually better than going to sleep for an hour or so. Plus, they're much easier to squeeze into that busy schedule!

## BABYSITTER TO THE RESCUE

Everyone needs a babysitter! Whether you hire one or call in a favour from trusted family or friends, definitely take this step. It can be scary the first few times, but once you're sure your little one is in safe hands, go get some well-earned free time! You can do whatever you please with this time - go out on a date with your partner, catch up with some friends, or even just take yourself out for a treat. Rest assured that all is well at home and you will feel ready to get back to the normal daily routine with a spring in your step!

## EXPECT THE UNEXPECTED

From day one, a baby is their own unique character, capable of a wide range of emotions. Some days, they'll be bouncy, bubbly and a joy to look after. Other days might be filled with crying and screaming. It can be impossible to predict. The best approach is to start each day without presumptions, and this will be less of a drain on your energy if things go wrong. If it's an 'easy' day, enjoy it! If it's a hard one, don't worry, you've got this!

## RECONNECT WITH NATURE

Feeling cooped up is a really difficult part of early motherhood. It can feel like you haven't left the house to do anything other than get the groceries or run an errand. Try taking yourself and your little one out and into some nature. Green spaces or the local park can be the perfect place to just sit, feel the grass and unplug from everything else for a little while. It's also a great change of scenery for your curious child!

Motherhood involves a lot of hard work. It's vital to build in some time to rejuvenate yourself, hang out with your partner and stay social so that you don't feel totally overwhelmed by the new addition to your family.



# THE ROLE OF PROTEIN

*This month, we examine the importance of protein in maintaining children's health, as well as ways to increase their intake.*

## WHAT IS PROTEIN?

Protein is one of the essential macronutrients that your child needs to support their development, growth and the health of their immune system. It's a key building block for growing muscle, bone and skin tissues. Protein is also required for your child's antibodies to effectively fight off illness and disease. There are 20 amino acids that make up protein, and nine of these can't be created by the body - they must come from food. Additionally, many foods that are sources of protein contain vitamins and minerals such as magnesium, zinc and Vitamin E, all of which are beneficial for your child's overall health. Research has shown that over 10% of children may not be getting enough protein in their diet.

## A LACK OF PROTEIN

Children who do not get enough protein throughout the day can experience an array of health issues. These can range from daily issues such as tiredness and difficulty concentrating, to more long-term issues like joint pain, reduced growth and immune problems. It can be difficult to get some kids to eat a sufficient amount of protein, especially those who have difficulty feeding or are picky eaters. However, with the right information and a few ideas, it's straightforward to turn this around and ensure that your little one is getting the protein they need.

## HOW MUCH DOES MY CHILD NEED?

The amount of protein that your child needs increases as they get older. In their first year, they will get plenty from breast milk or formula.



- For kids aged one to three years old - approximately 15g of protein per day
- For kids aged four to six years old - approximately 20g of protein per day
- For kids aged seven to ten years old - approximately 30g of protein per day
- For kids aged eleven to thirteen years old - approximately 35g of protein per day

## SOURCES OF PROTEIN

## Traditional options

Meat, poultry, fish and eggs are all quality protein sources that contain the profile of amino acids that your child's body needs to develop. Milk is a popular source of protein for kids, along with other dairy products such as cheese and yogurts.

There are plenty of vegan-friendly ways to get some protein for your little one! Tofu, seitan, lentils, beans, nuts and seeds are all densely packed with protein and, when prepared properly, can be the basis of delicious meals. If you are looking for a way to give your child a little more protein in snacks, consider trail mix or some toast with peanut butter or almond butter. Plant milks can also contain a small amount of protein to help your child get to their recommended amount.

If necessary, it's possible to supplement your child's protein intake with protein drinks that are also fortified with vitamins

## Portions

Studies have shown that it's best to try to introduce protein into your child's diet three times a day or more. So that means having a small amount with each meal and perhaps some with snacks. Below are some examples of portions of protein that can be easily included in a meal. Be sure to adapt the amounts to suit your child's recommended intake.

- 1 boiled egg
- 1 small fillet of fish
- 2 slices of chicken
- 3 tbsp of beans or lentils
- 1 tbsp of nut butter

Protein is very important for pregnant women and those who are breastfeeding

as the baby needs it for proper development. While pregnant, your brain, muscles and blood all go through changes. Consuming the right amount of protein will assist your body in making these changes. Pregnant women tend to need to intake around 0.5g for each pound of pre-pregnancy body weight.

Protein is key for the production of breast milk. It's also passed from mother to baby during breastfeeding, giving the child all the nutrition they require. As a mother, ensuring that your diet has ample protein will give your little one the boost they need as they begin to grow and develop. As always, speak with your doctor and you will get a recommendation specific to you.

Protein is an all-important piece of the puzzle when it comes to figuring out what your child needs from their food. Once they're getting enough, they'll be able to concentrate better, recover faster, grow healthily and be free from achy joints. All it takes is a little bit of planning and consistency and the results will speak for themselves.





# PARENTING



Sensory play for  
toddlers; setting  
boundaries for kids;  
managing sibling rivalry;  
and talking to teens!







# THE POWER OF SAYING 'NEXT TIME'

*Here are the reasons why the words 'next time' can work wonders during tricky parenting moments!*

Knowing what to say as a parent isn't always straightforward. There is an overwhelming amount of opinion out there, and sometimes children's behaviour can feel stressful for mothers to navigate. There is no perfect way to parent, but here is one handy phrase for mothers to keep in mind to use as a tool during tough moments.

## LEARNING FROM MISTAKES

Teaching and learning is often considered the best approach to discipline young kids. This way, mistakes become opportunities to teach and grow. As a mother, it can be good to clearly point out the lesson to be learned for your child to take on board. When little ones behave badly or make a mistake, it's helpful to get them to focus on what to do better, instead of simply punishing them. This is why the words "next time..." can be so powerful.

Punishment creates fear and shame, which can sometimes scare children into doing what they're told, but isn't particularly healthy. A better option is to emphasise a solution, by chatting together about what took place and why, alongside what 'we' can do better next time. Using the pronoun 'we' encourages a feeling of togetherness and support, with both of you learning what to do and striving for better in the future. This atmosphere and the words 'next time' create a positive way of framing misbehaviour, so your child sees themselves as a future success, instead of feeling like a failure in the present.

## 'LET'S' AND 'SO'

'Let's' and 'so' are great add-on words to pair with 'next time', especially when talking with younger kids. Try saying "next time, let's not push your sister, so we don't hurt her" or "next time, let's ask before we take the paint out, so we don't make a mess." 'Let's' primes kids to feel like they want to and can do better whereas 'so' tells them why they should. Giving this quick explanation to your child shows them respect, while also showing them what your values and expectations are.

## OLDER KIDS

'Next time' can still be a great parenting tool for older kids. The trick is to simply turn it into a question, as this allows your child to feel more independent while still communicating your expectation in terms of their behaviour. For example, use sentences like "how will you speak differently next time, so nobody gets upset" or "what will you do next time this comes up?" Using a balanced tone and this kind of wording encourages healthier dialogue and subtly sends your older child the message that things can be fixed.

Keeping the conversation looking towards "next time" doesn't just help kids feel better about themselves during tricky moments, but actually reviews their behaviour and prepares them for the future, which is how real teaching and learning takes place. All of that in two little words!



Sensory play keeps young children's minds continuously stimulated and encourages them to engage their senses fully. It helps to make sure their sensory processing for sight, hearing, smell, taste and touch develops properly. As kids learn through exploration, curiosity, problem solving and creativity, they develop more nerve connections in their brain, which benefits their language skills, motor skills and overall ability to process their senses.

# THE IMPORTANCE OF SENSORY PLAY AT NURSERY

*We look at why sensory play is so important for young children's brain development and shine a spotlight on the dedicated sensory processing programme at Ladybird Nursery Al Barsha.*

## Gross and fine motor skills

Activities such as crawling, jumping, running and throwing a ball support the development of a child's gross motor skills and large muscle groups. Little ones do best when they are allowed plenty of time to explore and practise these skills freely.

Tactile play, which includes simple activities such as tying their shoes, writing the alphabet or pouring and mixing, helps kids to build up fine control over a variety of small muscle groups and improve their hand-eye coordination.

## Healthy cognition

Encouraging little kids to ask questions is a great way to increase their curiosity and enhance their problem-solving skills. Providing children with a safe space to question how things work, experiment as they see fit, and analyse the results, supports healthy cognitive growth.

## Language

Young kids often develop language skills naturally through sensory play at nursery. They do this by

experiencing their environment, developing different ways to communicate their emotions, what they are doing and how they feel.

### Lowering anxiety levels

Sensory play can also reduce stress and anxiety levels in young kids, allowing them to regulate their feelings better. This means they will be calmer and more composed when navigating challenges, which is a particularly important skill in a child's development!

### Social skills and collaboration

Sensory play also means early learners can easily socialise with their friends or peers during group activities, giving them a natural opportunity to communicate and collaborate on creative or critical thinking tasks.

## SENSORY PROCESSING DISORDER

Children may sometimes experience a lack of sensory development, which has become more and more common as a result of the Covid-19 pandemic. This has happened because of increased distance learning and less in-person activities and social interactions. Sensory Processing Disorder (SPD) affects a child's senses, restricting or changing how the brain processes information. This can result in a wide range of symptoms, such as a lack of social cues, less collaborative learning skills, and reduced or overloaded sensory functions. Parents should look for signs such as a lack of social interactions with kids their own age, hypersensitivity or under-sensitivity to their environment, or a marked change in a child's behaviour, stress levels or mood under different sensory circumstances. This can look like an overreaction to sounds, clothes, food textures etc.

### WHAT CAN BE DONE?

Sometimes this disorder can be prevented if caught early on and in most cases it can be improved with sensory play. Monica Valrani, Montessori Directress and CEO of Ladybird Nursery, says, "Sensory play is an integral part of a child's ongoing development. By regularly participating in individual and group activities, young children are helping brain development, which can improve how they process their senses and significantly reduce hypersensitivity."

## LADYBIRD NURSERY

Ladybird Nursery offers creative sensory play activities to support the development of the whole child and combat potential Sensory Processing Disorder caused by the Covid-19 pandemic.

Set to open at the start of the 2022-2023 academic year, Ladybird Nursery Al Barsha will provide a dedicated programme to support cognitive development, problem-solving skills, critical and creative thinking, gross and fine motor skills, as well as collaborative skills in nursery-age children. Let's take a look at some of these activities.

### KidzFit

The *KidzFit* programme encourages children to engage in free and messy play, by kicking a ball, knocking down bowling pins, engaging in some fun aerobic exercise, or building muscle through an exciting game of hula-hoops.

### Music n Move

The *Music n Move* programme enables little ones to explore their inner dancer, learning coordination skills and spatial awareness. It also boosts kids' motor skills, and encourages children to focus and comprehend information better.

### Splish 'n' Splash

Children can let their imagination swim free during the *Splish 'n' Splash* programme, which offers kids a chance to play with an interactive splash pad that engages all five senses, using touch, sound, movement, sight and balance.

### Mini Chef

Little master chefs will also learn about nutrition and food safety while refining their maths, science, literacy and motor skills in the *Mini Chef* programme. Cooking is a great way to introduce children to new foods and also promotes social skills, collaborative skills and mental and physical development. Tasks such as counting fruit or measuring ingredients like flour will refine their maths and comprehension skills. Cooking also teaches children about being responsible. Showing early learners where the broom is kept or the right way to dispose of food scraps teaches them about good hygiene and encourages them to clean the right way.



### Language skills

Ladybird Nursery also supports the development of language skills, creatively integrating French and Arabic programmes with the nursery curriculum to provide a holistic experience for every child. The bespoke programmes are tailored to ignite early learners' interest in the French and Arabic languages, through pictures, books, songs, and gestures which gently develop and refine children's vocabulary.

## A PURPOSE-BUILT CAMPUS

Ladybird Nursery Al Barsha is the largest purpose-built campus for a post-pandemic climate in the MENA region. The single-story nursery features sensory play activities embedded within the design of the sustainable campus. These include a sensory and organic garden, water play activities, a customised on-campus cycle track, Mud Kitchen, and an indoor music and language room.

Incorporating the use of UV bulbs in the air-conditioning system, the Al Barsha campus safely and naturally eliminates 99.99% of airborne germs, protecting against the transmission of airborne viruses such as Covid-19, so you can feel safe sending your little ones off for a day of exciting sensory play at nursery!

*Registration for Ladybird Nursery Al Barsha is open and they can be contacted by email at [info.albarsha@ladybirdnursery.ae](mailto:info.albarsha@ladybirdnursery.ae)*



# BOUNDARIES: EVERYTHING YOU NEED TO KNOW

*Teaching children about boundaries is a crucial aspect of parenting. Doing it properly will help your child to move through their whole life in a healthier way. Let's dive in!*



One of the hardest challenges that parents face today is setting boundaries with their children. Saying no to children from an early age is the approach that a lot of parents take, and they often stick with that approach for their little one's whole childhood. Lots of parents think that saying no and stating things in a black and white way is a good method because it seems to work initially. The problems appear further down the line as children mature and communication suffers.

## COMMUNICATION IS KEY

Setting out house rules or family guidelines is the way forward. It lets everyone know where they stand and keeps lines of

communication open. Studies have shown that this healthy process of boundary-setting can be very beneficial for children by helping them to develop problem-solving skills, accountability, discipline and adaptability. Here are some things to keep in mind when laying down boundaries for your children.

## Clear and positive

Create clear and simple expectations and keep them positive. Avoid a list of forbidden things and instead focus on the good things you expect your little ones to do. Help them to understand by explaining why you have these expectations and why they're beneficial for both you and them!

## Lead by example

Be a role model. Children often mirror the behaviour of their parents, so be sure to set a good example for your child to follow. You can use this to teach them the right times to say yes or no.

## Prepare

Set them up for success. It can be a struggle as a child to navigate these boundaries, so do what you can to assist them without doing the actual work for them. Talk to your child before they take on a new challenge to discuss what they might find hard and what you expect of them. This will help to prevent arguments later on. If you can foresee anywhere they might slip up, consider helping them in advance, but don't do everything for them. They will learn which areas they find harder and, with your guidance, be able to do what's needed to plan ahead and succeed.

## Give choices

Provide some options! Setting boundaries for your children isn't about restricting them. It's about guiding them on the right

path while also letting them to express their individuality along the way. Allow them to choose whatever they want from a list of suitable activities, or from a range of healthy lunches, or what to wear for the day.

## Mistakes happen

Nobody's perfect. Children will forget rules, push back against rules and break rules from time to time. It's a natural part of being a child and trying to figure everything out. Be prepared for this and don't worry. You can lovingly remind them of the expectations and boundaries without being too strict. Try not to always swoop in to make amends after your little one makes a mistake. It's such a vital part of growing up to misstep, to sit in the discomfort of that and to find the way back. Let them live and learn but always be there as a safety net.

## STARTING EARLY

When you say no to your child, they're learning that they are overstepping a line or breaking a rule. If you adopt this way from a very early age, it can successfully teach your child your rules, what is right and what is wrong. With young children in particular,

it can feel like you're saying no all the time while your child is still trying to figure out the boundaries. It can be sad to feel like a negative parent in that sense, denying things from your child. Try to remember that you are helping them to find and cement boundaries, and that this is a skill that they will need for their whole life.

There are so many rules in the world, and some are more obvious than others. By starting from a young age, and in the safety of your home, you can train your little one to manage these different rules as they grow up. It will benefit them in countless ways, from staying out of trouble in school, to engaging healthily in social dynamics, and on and on as they grow through life - discovering and working through many different obstacles in their path. Because of your teaching around boundaries, they will be equipped with the skills they need to overcome these obstacles.

## MOVING ON FROM "NO"

Once your child develops a little more and is capable of some conversation, it's time to introduce words other than "no". The best approach is to have regular, calm discussions about what is allowed and what is not, why these rules exist, and what the consequences of breaking the rules are. There should also be room for your child to negotiate with you. This is not 'giving in' or being an inconsistent parent, it's treating your child with the respect that you would like in return. If done properly they will come to understand where the hard boundaries are and where there is room for negotiation, without trying to take advantage of your kindness.

## A RECIPE FOR SUCCESS

Teaching children about boundaries is one of the core components of parenting. It will foster a strong, healthy relationship between you and them, and it will also allow them to do so with others in their lives. Children who haven't been taught these concepts can tend to struggle in various parts of their adult life, including relationships and work. So while it might seem harsh or tough at times, remember that you are putting your child on the right path for success and setting them up to enjoy everything that life has to offer.





# 5 TIPS FOR TALKING TO TEENS

*Talking to your teen can be tricky. Here are a few tips that make communicating with them a much more effective and loving experience.*

As children pass into the teenage phase, things can get a little more difficult. One of the best parts is that they're much more self-aware and independent, but this can also lead to them not thinking you want what's best for them. They can get moody, argue, hide in their room and generally act up. These actions are usually because your teen isn't fully able to express their complex emotions, so they either explode out or they go silent. This sort of behaviour isn't exactly conducive to finding a resolution to the initial problem. Thankfully, there are a few approaches we can try to get through to our teens and to help them get through to us.

## **TRY TO UNDERSTAND**

The very best way you can start off this kind of interaction with your teen is to try your best to truly





understand where they're coming from. Their point of view may seem strange or irrational to you, but it's necessary to realise that this is genuinely how they feel about it.

Teenagers often keep parts of their lives to themselves. What's going on at school, drama in the friend group, or stress over assignments can all get bottled up, meaning we don't hear a word about it until it all spills over. Your teen is probably dealing with a lot more than it seems. And everything that they're dealing with may appear to be a lot bigger to them than it does to you. As a result, their priorities might seem way off at times. But understand that there can be more than meets the eye and that they are doing their best to navigate these complex situations.

When it comes to the language to use when communicating about these issues, express that you understand and try not to use negative words like "but". Explain that you see their perspective and that you are willing to help them to figure it out, while also prioritising some of the things you deem to be more important. This way they feel supported and you are also able to steer them onto a better path.

## IT'S NOT PERSONAL

Do your absolute best to not get too emotional when trying to communicate with your teenager. Try not to take the way they're talking and acting as a personal attack on you and aim to stay level-headed. This can be really hard, especially if you are very unhappy with what they've done or the words coming out of their mouth. But keeping emotions on the sidelines is much more likely to lead this conflict to a calm conclusion.

Remember that your child is probably doing their best with the skills that they have. They may have messed up, gotten into trouble at school, completely forgotten to do their chores, or any number of other things. Your role here is to guide your teen to help them to make a better decision. Of course, you can speak to them about the negative consequences of their actions but don't turn it into a lecture. Let them know you're with them and that you'll assist them.

If it helps, treat this aspect of parenting like work. It's not pleasant but it needs to be done. If you can adopt this mindset, everything should go a little bit more smoothly.

## BE GENUINE

One of the cardinal rules in these situations is to be genuine, kind and loving throughout. During a conflict is not the best time to start giving out and trying to interrogate your teen. They will either meet you at this argumentative level or shut down completely, leaving the issue unresolved and the relationship strained.

Lots of parents talk about how they don't really understand how their child makes the mistakes they do, how they forgot to set their alarm for school, or why they left all their dirty laundry in a pile on their desk. Some parents are hesitant to ask their teen sincere questions in order to gain a better understanding of 'what went wrong'.



Think carefully about how to phrase these questions and keep love and kindness in mind at all times. Ask your child if they have any ideas on how to solve the problem or how to steer a better way through the situation next time. If they don't feel like they know the answer, reassure them and gently offer some of your own suggestions. Let them know that you trust them to try to solve their own problems and that you will be there as backup, if needs be. Try not to step on their toes, or solve problems before they reach your child. They need to feel that you believe they're capable and independent. Through this experience, you will be teaching your teen the invaluable skill of thinking for themselves.

## RISE ABOVE MANIPULATION

If your teenager figures out that you need them to behave well in order to feel good, there is a chance that they will use that against you. They can withhold caring tendencies, act out and frustrate you, or similarly, try to deceive you by appearing loving, supportive and well-mannered. All of this can be done in an attempt to get their way. It's crucial to not let yourself be manipulated in this way. If you allow it to happen, you can get lost in the push-pull dynamic of trying to discipline your teen while also trying to appease them.

It's much healthier to rise above this. You are already doing a great job! Try to engage with your teen from a strong base. You don't need anything from them in these conflicts,



you are simply trying to help them. Remember this and don't get dragged into it. You can still choose exactly how you want to act and not get influenced by your child. If you feel like they are trying to provoke you, let them know that you aren't going to have the discussion until they stop. Once they see that you are not getting involved and the resistance is no longer there, the tension will usually evaporate and things can resume as normal. So hold your head high and stand your ground.

### TAKE A BREATHER

This can be a really difficult one. When an argument erupts, the last thing that seems natural is to take

a few steps back. You may feel very upset at something your teen has done, or they may even feel very upset at you for the same reason! Both sides are hungry to state their views and defend their actions.

The best thing you can do, however, is to tell your teenager that you're going to wait until you've both calmed down to continue the conversation. It can be so much harder to talk through these difficult things when in the storm of an argument. They may not take this easily and could even get more upset, but it's vital to stick to the plan and wait until you're both more composed.

There should always be a degree of mutual respect present when trying

to solve these problems. You can speak to your teen about this and explain that this is why you need to wait a few minutes before responding. Over time, this will become a more familiar feature of communications between yourself and your teenager and you will both be more comfortable taking this step.

### IT GETS EASIER

Trying to get through to teenagers can be a delicate balance at times. With a few of these tools in mind future conflicts will be easier to resolve and everyone will feel heard and respected. It's a demanding task at times, but you can do it!

# MANAGING SIBLING RIVALRY

*Squabbles among kids are inevitable but what can you do to foster better cooperation between siblings?*



Finding the patience to weather your children's bickering with one another can be a challenge. It's easy to get frustrated by it, but there are a number of things you can do to prevent these conflicts and create a more peaceful home environment.

It's helpful to understand that kids don't fight because they prefer the other's toy or they genuinely want the other's muffin over their own one. Children usually have conflicts because of family dynamics. Often they're competing for your attention or are simply at different developmental stages. These things can cause instances of envy or lack of understanding and this is perfectly natural. However, it does mean that some rivalry is inevitable - but it can be lessened.

## MINIMISING RIVALRY

Here are a few parenting approaches you can take to nurture a family culture where fighting between your children is unusual.

## Bonding activities

Nurture your children's relationship with each other by providing plenty of quality family time where they can bond and create happy memories together. This encourages more respect between them and a healthier, more positive dynamic. Some ideas for fun activities include:

- ✓ Cooking together
- ✓ Eating dinner together
- ✓ Playing card games or board games
- ✓ Going for a family hike

## The environment matters

Here, 'environment' means the emotional environment. This is set by the way your family learns to interact, talk to one another and generally relate to each other. The good news is that you have all the power here! Set a good example by never encouraging competition

between your children or comparing them to each other, as this fosters jealousy and a fear that you don't love them equally. It's better if you focus on creating chances for discussion, bonding, compromise and working together.

## Stay composed

If you can remain calm, cool and collected in the face of these conflicts, your children will absorb the message that this is the appropriate response to the situation and, over time, will learn to follow suit. Conversely, if you raise your voice or use an aggravated tone with your kids, this will fuel the sense of tension and escalate the argument.

## Honour their individual personalities

Spend some one-on-one time hanging out with each child and make sure they feel understood by you. It doesn't have to be anything extravagant. It can be simple things that let your little one know that you love them as an individual. If one child enjoys swimming, grab your swimwear and go for a splash together in the pool. If the other likes to play video games, sit beside them and join in.

Remember, all any child really wants is to feel seen, acknowledged and appreciated for who they are. This is especially true when it comes to their mother! Kids are much less likely to feel the need to compete and argue if they feel celebrated as an individual.

With these approaches, you will be better able to make bickering a rarity in your house and promote respect and friendship between your children.





# EDUCATION



This month's education section discusses ways in which you can handle the challenges of the new school term, including dealing with school anxiety and setting up a great homework space.



## ‘HANDLING SCHOOL HEAD LICE!’

*The start of the school term usually means increased cases of head lice in children. Here, the experts talk about the problem...and more importantly, the solution.*



Nothing is more disturbing than finding head lice running around on your beautiful child's scalp. Don't panic! Head Lice are very common amongst children and the treatments these days are safer and more effective than ever before.

Unpleasant as they are, head lice are remarkably common in children and you should understand that it has nothing to do with your parenting if your child has them! If you are panicked about finding head lice in your child's hair, it is important not to pass on the panic to your child.

## What are Head Lice?

Lice are tiny insects that attach to human hair and feed on the blood in the host's scalp, which in turn causes intense itching. This itching and scratching of the head is one of the first symptoms that parents notice.

## How did Your Child Catch Head Lice?

If you're wondering how your child got the head lice in the first place, it's almost always from contact with another child. Head lice are highly adept at transferring from one head to another when kids are in close contact with each other, which happens during playtime, when rolling around, sharing clothing, toys, headphones, hats, combs or towels. These little critters can even transfer from one child to another through direct skin contact.

## How to Check for Head Lice

If the school has notified you that there is a head lice case in your child's class, or if you notice your child frequently scratching their head, you need to check their scalp thoroughly. As head lice move very quickly through the hair, they can be hard to catch.

## Choose the Right Headlice Comb

To do a thorough check, split the hair into organised sections and search each section thoroughly with a fine tooth comb.

Head lice and their tiny grey or brown eggs (called 'nits') can usually be found behind and just above your child's ears, and also at the back of their neck. The nits are attached firmly to hair, usually around half a centimetre from the scalp.

You cannot use an ordinary comb for this, you need a special comb designed for the job. The ideal head lice comb has rounded teeth to help the hair detangle and pass through the comb. It also has metal teeth that are specifically designed to remove both the head lice and their eggs, which won't bend or break while combing the hair.

Remove any lice you see, scrunch them in a tissue and put this in a plastic bag and dispose of it immediately. Head lice cannot survive away from the human host, so they don't survive longer than two days. When you have done this, it's time to address the nits and remaining head lice.

## Treatment for Head Lice

The only way to get rid of these insects and keep them at bay is through a product specially-designed for the purpose. It is important for any head lice treatment you use to be clinically proven, safe, fast, effective and easy to use - for both you and your child.

## Product Recommendation

MOOV Headlice shampoo is clinically proven to kill head lice and eggs. It contains natural essential oils that make suitable for kids and effective in killing head lice and



eggs. It only needs to be used for 15 minutes on the hair, which makes it comfortable for your child, fast and easy to use.

The key to getting rid of your child's head lice is understanding that you have to catch and treat them through their whole lifecycle. Each egg takes 3 weeks to become an adult, which will then lay more eggs. So, you must repeat the treatment from the egg (nits) to the adult stages, as some of the eggs will still be protected by their shells on the first treatment.

**MOOV Head Lice Shampoo** is therefore used 3 times - 7 days apart (on days 1, 7 & 14), in order to cover the entire head lice lifecycle and ensure that all the lice and the eggs are killed completely.

**MOOV Head Lice Combing Conditioner** 'Head lice attach eggs to hair with a very strong glue-like substance that requires the use of a fine tooth comb to strip the eggs off the hair. MOOV Head Lice Combing Conditioner helps make this easy as it contains a blend of natural essential oils that untangles and softens the hair.'

**The MOOV Head Lice Removal Comb** has fine-teeth that are especially designed to loosen the 'glue-like' bond that attaches nits to the hair, as well as helping to rake out and remove dead lice and eggs after the treatment.

Using all three of MOOV Head lice products range together gives you an unbeatable solution, so it is a good idea to include the MOOV treatments in your back-to-school preparations.





# HOW TO CREATE THE RIGHT HOMEWORK SPACE

*In this article, we look at setting kids up for a successful school term ahead with a fun and functional study space to call their own.*



With kids heading back into a busy school routine, creating an inspiring space for your little one to learn, play and grow is more important than ever.

Whether you're starting from scratch or hoping to improve an existing space, Nahel Selo, Creative Director of the interior label Sedar Global, gives his advice on creating a lovely and affordable homework space that's quiet for focus, colourful for inspiration and organised to reduce distractions.

## UTILISE NATURAL LIGHT

Lighting is essential to help kids concentrate, not only for homework but also for hobbies, such as drawing or crafts and adequate natural light is especially important for a good mood. Selo advises us to "position desk spaces near the window and avoid facing a wall if this is an option. Plenty of sunlight can help kids feel positive, while the changing view outside the window allows their brain to take a break between tasks, without leaving the study space. Use sheer fabrics for windows in darker spaces and invest in a table lamp to ensure the desk is well illuminated."

Selo adds "If you are creating a homework space within a bedroom space, it can be useful to have black out curtains or blinds so kids still get a good night's sleep and combine them with a second layer of roman or slatted blinds to manage lighting during the day".

## INSPIRE POSITIVITY

The key to a good work space for kids is to make it an enjoyable and uplifting space to be in. Inspire creativity and the inclination to enjoy homework by introducing interiors proven to change the way we concentrate and feel. Nahel Selo tells us "yellow is known to boost creativity and attention, orange can improve alertness, greens and purples are peaceful and calm, whereas browns and warm neutral tones can reduce feelings of fatigue and make kids feel more secure." With this in mind, pick colours suited to your child's unique personality and needs, creating a healthy space that encourages them to do their best.

One further idea to set a happy tone is to install a strip of chalkboard, or daub some chalkboard paint across part of a wall. This fun chalkboard can be a space for kids to let off steam between homework tasks by doodling and getting artistic, or even used as a reward chart for little ones. Alternatively, it can be helpful for older children as an organiser panel, somewhere to write that



week's homework assignments, after school activities and other important items to remember. This encourages good planning and avoids unnecessary stress.

## MAKE IT MULTI-FUNCTIONAL

Nobody likes to try and study in a room overrun with toys and general clutter. However, a child's homework space may need to serve multiple purposes - playroom, study, sanctuary and storage space. A great tip is to use floating shelves or create more floor space with a raised bed, leaving room underneath for a desk or storage where toys can be put away before study time. The Creative Director at Sedar says "to create a space that is not overwhelmed with plastic boxes and unsightly storage containers, add an aesthetic touch to make your storage solutions attractive by covering boxes or pull out storage drawers with interesting wallpaper or patterned fabrics".

## BUILD A STUDY NOOK

Limited for space? Why not transform an awkward under-the-stairs corner into a study space with wall-mounted shelves, a small organisational cork board or black board, a filing cabinet and a little desk. Or, if you have siblings working in one space, use a large bookcase in the middle with each desk either side. This way each child can work privately. Using bookcases as a divider is not only great for creating an individual area for study but has the added benefit of helping kids organise their items!



## DESIGN A READING CORNER

The ideal kids' homework space should also function as a space for quiet contemplation and reading. Selo suggests if you are using a room that is also designed for playtime, it may be a good idea to define these different spaces. He says "make reading more fun by introducing a set reading area, use bean bags, hanging chairs or have an array of throw pillows on the floor for a playful place to read."

He also suggests using wide window ledges to their full capacity. "A window seat is another design tip that provides a great sense of definition to spaces that are used for work and play. Cover the seat with throw pillows, blankets etc. and suddenly you have created a cosy reading seat".

With all of these tips at your disposal, you should be able to create a dedicated space for your little one to focus, learn and succeed over the coming school year.

# START OFF ON THE RIGHT FOOT THIS TERM!

*Here are the back-to-school footwear collections that make mums' life easier as term begins!*



## FEEL GROUNDED ALL DAY WITH ECCO

ECCO, a brand familiar to most mums, has announced its new Back to School collection! The collection caters to children between the ages of 4 and 17, and features modern and functional designs for all-day comfort - in and out of the classroom.

The season's offering has a variety of footwear styles for boys and girls, all crafted with ECCO's premium materials and signature fluid-form technology, creating a reliable and durable shoe that's light and adaptable. The new line-up, including all-leather formals and high-performance sports shoes, comes with quick-fastening straps for easy on and off wearability - for uninterrupted study and exciting play.

ECCO's soft and lightweight soles are designed for all-day comfort, with premium textile lining that offers breathability so your kids are ready

to take on the morning walks, playground runs, and after-school hangouts. Meanwhile, for sporty little ones, ECCO's innovative SHOCK THRU material provides shock absorption and rebound with every step, keeping kids' feet happy, no matter what.

ECCO's Back to School collection is now available across the UAE in the following stores: Mall of the Emirates, City Centre Mirdif, Nakheel Mall the Palm, Yas Mall Abu Dhabi, Al Maryah Abu Dhabi and Bawadi Mall, Al Ain. Customers can also shop the new collection at the recently renovated flagship store in The Dubai Mall.

## PLAETO MAKES AN ENTRANCE

India's first footwear brand that focuses on the foot-health of children has arrived in the UAE for the first time. The Bengaluru-based company is partnering with Threads, UAE's



premier and largest retailer for school uniforms, shoes, and accessories, to make these exciting new shoes available to your child.

Launched in 2021, Plaeto has conducted in-depth research to understand the link between children's footwear, how it impacts kids' desire to play and the subsequent effects on their health and well-being.

Plaeto shoes are not just protective of growing feet, but also kinder to the planet. Their carbon footprint is about 50% lower than average athletic footwear and their packaging is also sustainably designed, coming in a reusable cloth bag instead of single-use cardboard boxes. What's not to love!

Jacques Rheeder, CEO of Threads says "We are delighted to partner with Plaeto, an Indian brand, which has designed world-class shoes for children, leveraging the experience of some of the finest footwear design teams, from brands such as Nike and Adidas. At Threads, our motto is 'Dressing up the future world leaders' and we believe that Plaeto shoes are a great fit for the children of UAE."

Plaeto's black and white school shoes, in three different lacing styles, are available in Threads stores at Times Square Mall, City Mall, BurJuman Mall, Abu Dhabi, Ras-Al-Khaimah, Sharjah, and Fujairah. The shoes are also available online at [www.threadsme.com](http://www.threadsme.com).



# BACK TO SCHOOL ESSENTIALS

*Here are some helpful brands that have your child in mind as they begin school again.*



## GET ORGANISED WITH TYPO

This year, the Australian-born quirky stationery brand Typo has brought out a special back-to-school collection of lots of helpful items for the term ahead. It offers a huge range of products in many categories, including:

- Travel and tech accessories
- Bags
- Lighting and décor items
- Diaries and planners
- Stationery kits
- Water bottles and much more.

The Typo store is a bonafide treasure chest of finds for busy mums and they also make online shopping a breeze, with fast delivery to your doorstep, cash on delivery, top-notch customer service, and regular sales.

Known for offering the coolest stationery around, you will be able to find whatever your kids need, from recycled spiral notebooks for the environmentally-conscious child, to stylish tote bags, backpacks and cute pencil cases for the little fashionistas out there. Typo is all about making your desk gorgeous too, so perhaps bring a little fun home with

a lovely lamp for your child's study table, affirmation cards to help them stay motivated during homework time or even vibrant stands for their tablets and laptops to bring a little colour into study time.

and online at [en-ae.namshi.com/typo](http://en-ae.namshi.com/typo) or in various locations across the UAE, including The Dubai Mall, The Pointe, Ibn Battuta Mall, City Centre Deira, Circle Mall, Nakheel Mall, Springs Souk and Burjuman.

## TOMMY HILFIGER - A FUTURE WITHOUT LIMITS

The new 2022 Tommy Hilfiger Kids collection delivers a classic East Coast prep look for your child, mixed in with the redesigned new Tommy Hilfiger monogram. Get your family back-to-school ready with this year's collection, which features the on-trend colour blocking twist and playful proportions - elevating style to match even the biggest imaginations! There is something for everyone, from preppy and sporty, to casual with an edgy twist, or simply some key wardrobe items, like puffer jackets or tonal denim. Your little one will find something here to match their unique personality and keep them feeling stylish throughout the school term!

The collection is available online at [en-ae.tommy.com](http://en-ae.tommy.com) or in stores throughout the UAE.

## SUSTAINABLE AND TOXIN-FREE ESSENTIALS WITH CITRON

Elevate your children's back-to-school look with the new collection from Citron. Designed to be both functional and beautiful, Citron offers a collection that strives to make innovative and useful products from sustainable and toxin-free materials that will be loved by the entire family.

The 2022 collection offers a wide range of products that include Citron backpacks, a beautiful range of lunch bags, lunch boxes, easy-to-use food jars (both big and small!) and water bottles in four different sizes to suit kids of all ages.

Citron has also introduced QR smart technology for your child's bottle as a clever extra feature, solving a common headache for mums and making it easier to retrieve your child's lost bottle.

Citron is available to buy at Mumzworld, Borders, First Cry, Mama's and Papa's, Momstore, Elli Junior, Bumblebee, Five Little Ducks and Lifestyle.



# SCHOOL & FAMILY BREAKS



A family-friendly  
paradise in the  
Maldives; action hikes  
through nature in Big  
Sur; and the trending  
wellbeing destinations  
for 2022!



## TIME TO BOOK YOUR END OF YEAR VACATION!

*With the new school term underway and family life to be more structured for the rest of the year, it's a good time to plan your end-of-year break and give your family something truly exciting to look forward to. So, why is the Maldives island of Ailafushi so popular?*



Ailafushi provides a thrilling experience for children and teens of all ages and plenty to relax the parents too. With four months of school term to get through, why not let this year's festive break be the one where you see in the new year with the most memorable family vacation ever.

The Ailafushi resort is just a 4-hour plane ride away and is one of the newest destinations by Atmosphere Hotel and Resorts. The 'Fushi package' all-inclusive family vacation is an experience that is sure to create the happiest of family memories (and some incredible family photos!)

## KIDS CLUB FUN DAYS & RELAXATION FOR YOU!

Ailafushi has a very extensive, multi-area, multi-activity Kids Club that is fully supervised and keeps 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, play climbing and 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 zones
- A comfy, 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

Ailafushi's Kids Club is a safe haven for children to let loose and have fun while you take some time for yourselves enjoying a jacuzzi overlooking breathtakingly beautiful views of the beach and the clear aquamarine waters of the Indian Ocean. Or opt for either individual or couples'

treatments at Ailafushi's 'ELE |NA' spa. Or even a lazy lunch together as a couple, safe in the knowledge that the children are enjoying their lunch with new friends in the Kids Club.

## ACCOMMODATION

Choose from the Beach Villas where you'll walk out of your front door directly onto your own little stretch of beach; the Ailafushi Water Villas, where your bedroom terrace has steps that take you directly down into a warm, shallow ocean that is so crystal clear, you can see to the bottom. And for families that have very young children, the Ocean View Family Rooms are perfect - you'll have a separate room for the children inside and your own private terrace, overlooking the white sands of the beach, and the crystal aquamarine ocean and palm trees.

## HIGHLIGHTS OF YOUR FAMILY VACATION

Imagine the excitement of your children telling their school friends that they saw dolphins jumping out of the water on their vacation - 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! Imagine your children telling their friends about a meal they had in the largest under ocean restaurant in The Maldives - complete with views of the stunning marine life surrounding them. It's something they'll remember forever!

Imagine celebrating the festive season and end of the school year among Ailafushi's perfect tropical island beaches, crystal clear warm ocean, serene peace and relaxation, adventure and creating memories together.

**To find out more and book your festive family break, check the website: [www.coloursofoblu.com/oblu-xperience-ailafushi](http://www.coloursofoblu.com/oblu-xperience-ailafushi)**

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





# THE ART OF TRAVELLING MINDFULLY

*We discuss the post-Covid appeal of holiday relaxation and the trending wellbeing destinations this year.*

Travel brings a host of benefits to our mental and emotional wellbeing that lots of us are longing for in the wake of the Covid-19 pandemic. The latest research from Skyscanner reveals that the need to relax and reset has possibly never been greater than it is right now, with a record number of people dreaming about 'ultimate relaxation trips' and 'wellness holidays' in 2022. When asked about travel this year, most said that they want to use holidays to disconnect from day-to-day life - so unwinding is vital, followed by food and cultural exploration.

## RESTORATIVE TRAVEL DESTINATIONS

With that in mind, here are the most popular destinations for wellbeing this year - it's easy to see why as they are some of the most beautiful places in the world!

### Mexico

For seemingly endless sunshine, pristine beaches and Mayan ruins, Mexico offers a relaxing escape. Alongside well-known coastal destinations like Cancún and Cabo, Mexico also offers miles of virgin coastline, providing the ultimate spot to get away from it all.

### Malta

Malta is the perfect place to restore and rejuvenate your mind and body. Treat yourself to Malta's indulgent spas and explore some serene spots for outdoor yoga including Buskett Woodlands and Dingli Cliffs. For the more adventurous, stand up paddleboarding (SUP) meditation has taken off around the islands. Sounds like an interesting experience!

### Austria

Famous for its natural hot springs, fresh Alpine air and relaxing spas, Austria is one of the ultimate European wellness

destinations. For a truly modern spa experience, head to Therme Wien, just south of Vienna or for a taste of tradition, Burgenland boasts a host of thermal spas with healing spring waters.

### Mauritius

With its white, sandy beaches, turquoise lagoons and world-class wellness retreats, Mauritius offers visitors a veritable slice of paradise. For restorative activities, try forest bathing at Biosphere Nature Reserve or a head-clearing hike or swim at the canyon of Domaine de Chazal.

### Thailand

From holistic health resorts to yoga retreats, Thailand has long been considered a top wellness destination. With a winning combination of warm weather, luscious landscapes, delicious food and wonderful Thai hospitality, Thailand offers the perfect environment to properly relax.

### Albania

Delight in the paradise beaches of Ksamil and unique historical sites in Gjirokastra

and feel like you're truly getting away from it all. For those that like to seek out unique activities, take a trip to Saranda and visit the Blue Eye, a natural spring over 50 metres deep!

### Portugal

Portugal's sunny Algarve is home to a host of wellness retreats offering yoga, mindfulness and surfing. With a flourishing vegetarian and vegan food scene in Lisbon and Porto and stunning natural parks and reserves, Portugal is the perfect destination to relax and unwind. Try Peneda-Gerês for rugged mountains and wild Garrano horses or Arrábida for green hills and a beautiful turquoise ocean.

Different places will suit different holidaymakers, depending on whether you want to travel with your family, younger or older kids, or even take a well-deserved mum's retreat!







# HIKING IN BIG SUR

*We highlight the amazing trails of Big Sur for an active and memorable family break.*

California is a well-known destination for historic landmarks, sandy beaches and scenery. One particularly gorgeous part of California that makes for an interesting and active holiday is Big Sur, known as the longest, most breathtaking stretch of coastline in the USA. Some of the most beautiful hikes and trails in the world can be found here.

Bordered by the rugged Santa Lucia Mountains and the beautiful Pacific Ocean, Big Sur offers incredible natural beauty and there's no better way to appreciate its splendour than by hiking one of the many trails. Here are four suggested routes, some easy, some difficult, but all with views that will take your breath away!

## **PFEIFFER FALLS & VALLEY VIEW TRAIL**

If you're looking for a short and manageable hike, this is the perfect option. This scenic hike is located in the Pfeiffer Big Sur State

Park and is just over 3 kilometres long. It's an ideal length for kids and there are benches along the way for them to take a rest, along with a number of great viewing spots and a lovely waterfall!

## **BUZZARDS ROOST TRAIL**

Also located in the same state park, Buzzards Roost is a great trail to work up a sweat! Its wonderful views are best seen from March to October. At just over 4km, this trail winds through a forest of tan oaks and bay trees, with gurgling streams and a summit view that looks out over the coast - the perfect hike to do at sunset!

## **TIMBER TOP AND BORANDA TRAIL**

Located in Los Padres National Forest, this 8.5 kilometre out-and-back trail is quite tough, being steep for most of the way. You'll travel through thick foliage, meadows

and trees and spot plenty of wildflowers if visiting in spring. The coastal views at the top make it all worth it!

## **SYKES HOT SPRINGS VIA PINE RIDGE TRAIL**

A strenuous trail in the same national forest, this hike involves river crossings and is not for the faint-hearted or young children. At over 30 kilometres there and back, be prepared for a long day of hiking!

## **PARTINGTON COVE TRAIL AND TAN BARK TRAIL**

Found in Julia Pfeiffer Burns State Park, this is a two-fold offering. You have the choice of a quick 2.5 kilometre hike or you can get your blood pumping with the Tan Bark Trail loop which is just over 9 kilometres long. They are both picturesque, so you will be rewarded no matter which option you pick. The shorter hike involves a ten minute walk down to a small creek, which leads to a tunnel carved out from a wall of rock. Once you go through the tunnel, you will discover a hidden cove on the other side! Staying right of the cove will bring you to Partington Point where beautiful coastal views abound. The longer Tan Bark Trail loop begins at one of the park entrances and is a steep climb through lush meadows and canyons filled with redwood trees. How magical!

# GOOD LIVING



This month we check out everything you need for a beautifying night in and competitions you won't want to miss!



Is there anything better than cosying up for a night in with your favourite beauty supplies? In my opinion...no! Often, I actually prefer having a good pampering session at home to going out for beauty treatments. I really feel it can give us women some much-needed intentional time with ourselves - I always find it deeply relaxing, reflective and grounding.

The ritual of lighting a candle, unwinding into the bath and spending some extra time on my skincare routine never fails to leave me feeling fully hydrated and zen. Afterwards, I always find I slip into bed for my best night's sleep of the week!

Here are some suggestions for what to include in your next pampering session to help you evaporate your stress away!



## BEAUTIFUL HAIR IS THE BEST ACCESSORY

I like to include a hair treatment in my beauty night in, as my locks can get quite dry. I want to highlight the *Christophe Robin Hydrating Melting Mask with Aloe Vera 200ml (198 AED)*, a silky conditioning mask, formulated to deeply hydrate and soften dehydrated and dull hair. It really helps to tame unruly curls! This mask benefits from an ultra-light texture, helping to enhance shine and reduce frizz so your hair feels soft, supple and manageable.

## BOTANICAL BATH SALTS FOR DEEP RELAXATION

I'm a life-long fan of taking a bath to relax and one of my favourite details is to add something gorgeous to my soak. I absolutely love *Dreem Distillery The Zs (294 AED)* because it takes away all of my aches and pains and sends me off into the most restful sleep! I love how fine this blend is as it melts into the bathwater easily. It contains muscle-relaxing Epsom and Himalayan bath salts, expertly blended with broad-spectrum CBD, calming juniper berry and detoxifying lemongrass essential oils. Honestly, a handful of these aromatic botanical salts brings the spa feeling into your home. Prepare to be deeply relaxed and rejuvenated.



## ENHANCE YOUR SKINCARE WITH A FACE MASSAGE

This month, I also want to let you know about *Salt By Hendrix Gua Sha - Rose Quartz (166.67 AED)*, a beauty device for gently stimulating the face and jawline. This Rose Quartz Gua Sha Face Massage Tool is also a relaxing way to enhance the penetration of skincare products into the surface of the skin while giving your circulation a boost through a gentle massage. It is made of Rose Quartz, because it is the stone of unconditional love and opens the heart to all types of love, including the one we sometimes put last - self-love!



## CANDLES, CANDLES, CANDLES!

No pampering session is complete without some candlelight and this next one may just be my new favourite! *Figure Scented Candle by Miller Harris (295 AED)* is an atmospheric candle that carries you to the edge of a vineyard with a green, fruity burst of freshness, balanced out by the earthiness of softwoods. Easy opulence!

All items are available online at [peach.shop](https://peach.shop)



# COMPETITIONS

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

## WIN! A BREASTFEEDING BOX FROM MAMA CARE, WORTH AED 500



The UAE's first postpartum recovery brand, Mama Care, houses all the essential postpartum and breastfeeding products under one roof. A pregnant mom can buy the products individually or make the most of the curated boxes created by Mama care.

Enter and win Mama Care's Breastfeeding box, a readymade box with all the essential breastfeeding products to get you through the significant breastfeeding process.

The box includes a Nursing Pillow, Nursing Cover, all-natural Lactation Tea Bags, Breast Massager, Breast Mask, Colostrum Collector, Warm/Cold Breast Compress and Disposable Nipple Pads. The Breastfeeding Box is ideal for your hospital bag and makes for the perfect baby shower gift!

## WIN! A MUMS & BUMPS VOUCHER WORTH AED 500 TO SPEND ON SELECTED LINES

Mums & Bumps is the ultimate destination for fashion for expectant mothers. The largest maternity store in the Middle East, the one-stop-shop offers a wide variety of stylish, comfortable and elegant clothing for mothers-to-be. The brand strives to build confidence and positivity for new mothers in the region. The store also offers nursing products and more.

Enter the competition today for a chance to win a voucher worth AED 500. **(PLEASE NOTE:** Use of the voucher is limited and it is redeemable only on full-priced items in-store. It is not applicable on certain items and cannot be used in conjunction with any sale or promotional offers.)



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

# WIN! AN ALL-YOU-NEED SUNCARE HAMPER FROM HELLO SUNDAY, WORTH AED 500

Hello Sunday is a vegan SPF sun care brand with a difference! Hello Sunday knows most skin damage happens day-to-day and not just on the beach and when the sky is blue. Working with expert formulations, the brand has designed an award-winning and innovative line of products for those who want to defend their skin and prevent visible signs of ageing.

This range not only protects the skin from the sun and UVA/UVB rays, but also from blue light, infrared and air pollution. One lucky winner will win a skincare hamper from Hello Sunday, brimming with an exquisite selection of sun care goodies, ensuring you are safe and well protected all day long!



## WIN!

### A SELECTION OF KOITA MILK PRODUCTS, WORTH AED 500

Koita milk is fortified with Vitamins A & D3 and is also Halal certified. The packaging is recyclable and the use of screw tops means the milk can stay fresh, keeping waste at a minimum as no straws are required. Primarily a nutritious and refreshing all-natural drink with added rice for superior flavour and texture, it is also the perfect addition to recipes; both sweet and savoury.

One of you is going to win a delicious hamper of products worth AED 500, so enter today...and it could be YOU!



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

# AND TALKING OF WINNING PRIZES...

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



## Monthly prize draw for voters!

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

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

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

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

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

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

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

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

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



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