

ISSUE 136 | OCTOBER 2022 | DHS15

# Mother Baby & Child

**ALL ABOUT  
DYSLEXIA**

**THE BENEFITS OF  
YOGA FOR KIDS**

**WHY PARENTING  
STYLES MATTER**

**SPECIAL  
PINKTOBER EVENTS**

**MANAGING YOUR  
TEEN AND ANGER**

**THE IMPORTANCE  
OF PLAY!**



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# EDITOR'S LETTER



## Hello Mum!

With the school year well underway, every mum is back into the swing of the term time routine! For some kids, moving up a year in school can bring hidden learning issues to light. Dyslexia Awareness Day takes place in October, which is a great reminder to consider how school is going for your little one. Are they struggling with their work?

Are they getting the support they might need to get the most from their education? With this in mind, I was very interested to talk with Sonia Singhal, the Lead psychoeducational assessment specialist at Thrive Wellbeing Centre, about this learning difficulty that affects so many children.

We had a detailed chat about what exactly dyslexia is, how it presents and how best to address it for kids, schools and parents (page 36). I devoted much of the Education Section this month to the valuable information that came out of that interview, because I believe it will be helpful to many parents around the UAE this school year.

On page 30, we delve into just how important play is for little ones' healthy development, in so many different ways, from reading social cues, to enhancing little ones' creativity, problem solving abilities and self-confidence. It's also Breast Cancer Awareness month and so I've included a handy round up on page 10 of some of the #Pinktober events and activities happening this month in support of this worthy cause.

It's never too early to start thinking about making a plan for your next family vacation - and why not make it the best one you've ever had?! Awe inspiring nature walks, magical desert drives, bird watching, wildlife safaris, dipping in warm turquoise oceans, lounging on white sandy beaches making memories together or wellness retreats, perfect for bonding as a family. Sounds ideal? This month, in our article on travelling with purpose (P.41), we shine a spotlight on several ideas that have the 'wow' factor for your next school or family break. We take a look at exciting holiday options in Europe, the Middle East and Africa that promise to create meaningful experiences for families while leaving a positive impact on the area. So, get inspired for your next adventure for either the half term break, or the longer end-of-year break.

As ever, we're always thinking about mums! Ella Ryan has picked out her favourite beauty picks for you this month on page 46, including info on the best healthy haircare routine and how to make sure you always have the perfect on-the-go glow.

As usual, I'm not going to spill all the beans here and hope you'll enjoy discovering this edition for yourself, including 2 pages of cool competitions this month!

Happy reading!

*Kay*

Editor

Mother, Baby & Child Magazine



## EDITOR'S —PICK—

### CELEBRATE IN STYLE WITH BOXFETTI!

BoxFetti is the passion project of Louise Holk, a Danish Mumpreneur and Dubai resident for over 10 years. Louise's love for celebrations, three school-aged kids and Scandinavian eye for style were the inspiration behind BoxFetti. She wanted to create something that took the stress out of party planning and so BoxFetti was born. The perfect combination of DIY and convenience, it gives mums a helping hand and this month, it's here to make your Halloween celebration as wonderful as possible.

The party box is perfect if you don't know where to start, featuring lots of different coloured party accessories, from golden spider webs to ghost table confetti. Another great option is a Boo Basket - the latest in party musts! It's a goodie bag filled with exciting gifts and it doesn't necessarily need to be Halloween themed either. Filled with all sorts, from toys to books, sweets or games, little ones are sure to love it!

*For more information, please visit  
[boxfetti.ae/collections](https://boxfetti.ae/collections)*

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## EDITOR'S PICK

### SCENTS, SOAKS AND SEASONAL FUN WITH LUSH

The transitional season of the year is creeping up and LUSH Fresh Handmade Cosmetics are wasting no time in setting the tone. LUSH has unveiled this season's bath time must-haves to entertain and delight you as the weather begins to turn. There are so many products to choose from! My personal favourite is the peppermint and lavender body scrub - it leaves my skin beautifully smooth and leaves me with a gorgeously fresh perfume all day long!

Treat yourself to a variety of colourful and beautifully fragranced bath bombs, such as refreshing lemongrass, or mellow cherry, perfect for the change of season. Or, if soaks aren't your thing, why not try a bergamot bubble bar or a glittery almond shower jelly. There's plenty more to pick from, including hydrating sheet masks and sweetly scented vanilla candles - you'll be sure to find a new favourite in this range!

*The full LUSH collection is available across all LUSH Stores and online on [mena.lush.com](https://mena.lush.com).*







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# THINGS TO DO



This month, we talk about a Pinktober staycation; Halloween fun at LEGOLAND; a relaxing spa massage and some pink themed afternoon tea!







# SPOOK-TACULAR FUN AT LEGOLAND

*Celebrate Halloween in style with the LEGOLAND events happening this month!*

From the 7th to the 31st of October, LEGOLAND® Dubai theme park, will be taken over by LEGO® Monsters bringing lots of scary thrills and activities to all young monsters living in the UAE! Kids are invited to unleash their best costumes and join this exciting Halloween event.

Youngsters can enjoy lots of Halloween activities, including:

- The new 4D movie 'The Great Monster Chase', released exclusively to LEGOLAND® parks
- The 'Monster Brick or Treat'
- Monster Street Games
- A daily V.I.M. (Very Important Monsters) Dance Party
- LEGO® Pumpkin Build
- The 'Best Dressed Monster Contest'
- Spook-tacular Monster Sleepover at LEGOLAND® Hotel
- Daily Monster giveaways and more

## MOVIES, MOVES AND MONSTERS DRESS UP

Once the movie comes to an end, Lord Vampyre will be waiting for all young monsters to join his spook-tacular V.I.M. (Very Important Monsters) Dance Party and to practise their best scary dance moves to his tunes as the resident DJ of the daily party. No need to start an early search for this year's Halloween costume as the Monsters have brought along some of their wicked costumes to LEGOLAND Dubai's Monster Dress Up Boutique for all young guests to choose and buy their favourite costume to dress up

ahead of the Monster Party. In fact, all children visiting the park in their spooky costumes during the weekend can take part in the 'Best Dressed Monster Contest', where they will showcase their wicked Monster costume and be in with a chance to win a LEGOLAND Hotel night's stay or Annual Pass that offers 12 months of LEGOLAND awesomeness.

## ERNIE'S PUMPKIN PATCH

For some seasonal crafting, little ones, together with their parents, are invited to create their own LEGO Pumpkin and showcase it in Ernie's Pumpkin Patch at LEGOLAND's 'MINILAND' - a wonderland of LEGO fun that has more than 15,000 LEGO models made from 20 million LEGO® bricks.

## TREATS GALORE

Adding to the Halloween excitement throughout the day, all young dressed-up guests will join this year's special Monster Brick or Treat, collecting plenty of HARIBO candies and some awesome surprises around the park.

## WICKED DELICACIES

For a limited time only, the Monster chefs will be in charge of all restaurants and dining outlets in KINGDOM, creating exclusive limited edition Monster meals and delicacies, such as the Monster Finger Sandwich, Monster Burger, Frankie's Freaky Fries, Witches Ice Cream and many other spookalicious treats that kids will love.

All in all, October promises to be an exciting month of Halloween fun at LEGOLAND that kids of all ages will be sure to enjoy!

# THE PINKTOBER ROUND UP

*October is Breast Cancer Awareness month! We shine a spotlight on the events and offers happening in support of this worthy cause.*



## STAYCATION WITH A PINK DONATION

This October sees the incredibly worthwhile Breast Cancer Awareness Month roll out globally, with the Al Jalila Foundation's #Pinktober campaign raising vital funds for their breast cancer program.

So why not treat yourself to a lovely staycation while supporting this amazing cause? Relax in a Pacific island-themed paradise with the exclusive Pinktober Staycation, which sees 50% of the room rate donated to the Al Jalila Foundation. Available for the entire month of October, this one-of-a-kind staycation includes an overnight stay in a beautifully adorned, Pinktober themed Deluxe Room complete with pink furniture, flowers, and amenities. As part of the package, you can also enjoy a delicious buffet breakfast in the hotel's all-day dining restaurant, with a choice of one theme park visit to either Legoland, Motiongate, Bollywood Parks or Legoland Waterpark with single entry. For the cherry on top of this Pinktober offer, you can let yourself unwind and de-stress with a rejuvenating hour long treatment in the resplendent Ola Spa.

Additionally, the whole month of October will see pink mocktails and pastries served in the beautiful and relaxed setting of Lapita's Lobby Lounge, Palama with a percentage of profits being donated to the Al Jalila Foundation.

So whether you opt for the unforgettable Pinktober Staycation or savour the sweet flavours of the exclusive Pinktober menu at Palama, you are guaranteed to be transported to a tropical paradise, sprinkled with the magic of Polynesia, and all in aid of a very worthy cause.

**Dates:** 1st October – 31st October

**Location:** Lapita, Dubai Parks and Resorts.

**Price:** Starting at AED 1132++ for Deluxe Room on Double Occupancy

**Cluster code:** ES7 must be quoted to avail of the offer

**Visit [www.lapitahotel.com](http://www.lapitahotel.com) for more information. To book, please email [lapita.dubai.reservations@autographhotels.com](mailto:lapita.dubai.reservations@autographhotels.com) or call 04 449 0868.**

## MORE CRAVINGS SUPPORTS BREAST CANCER AWARENESS

More Cravings is an app that features over 300 outlets across the UAE. This month, in collaboration with the Al Jalila Foundation's 'Brest Friends' programme, which provides vital support to survivors and patients, over 100 outlets on the app will be hosting a variety of activities. These exciting events range from pink-themed brunches, ladies nights, afternoon teas, to raffles and wellness activities. The month-long schedule of culinary events and offers includes Bubblicious Goes Pink, Pink Afternoon Teas and B.I.G. Goes Pink amongst many others. Each participating venue will donate a portion of the proceeds from the #Pinktober campaign to the Al Jalila Foundation. There is so much to choose from, with something for you, your friends and your family to enjoy, and all events can be conveniently found and booked through the More Cravings app. Additionally, when you take part in one of these events, remember to get your dedicated #Pinktober gift item (while supplies last!), to raise further awareness for this important cause.



## THINK PINK THIS MONTH AT W DUBAI – THE PALM



In honour of Breast Cancer Awareness Month, the iconic W Dubai - The Palm has introduced several limited-time, pretty in pink dishes, delicious drinks and incredible massages to help raise funds for this once-a-year special health campaign.

Throughout the month of October only, the hotel's stunning venues will offer a variety

of unmissable special events and tempting offers, with a portion of proceeds donated to the #Pinktober campaign.

Indulge yourself and your loved ones in all manner of #Pinktober themed fun, from delectable, sweet treats at W Lounge, to relaxing massages at AWAY Spa, themed pink brunches at LIV restaurant, to an exciting brunch at Akira Back, and much more. Below is a selection of all that W Dubai has to offer this month.

### Akira Back brunch

Experience a high octane brunch based on Japanese cuisine, with a Korean twist by Akira Back, amped up by the city's scene stealers, Candypants. Get ready for an adrenaline-fuelled experience with some of the tastiest Asian brunch food in the region.

**Where:** Akira Back, W Dubai – The Palm

**When:** Every Friday

**Time:** 1:00 - 4:30pm

**Price:** AED 399 including soft beverages, AED 449 including house beverages and AED 599 including bubbly.

### Ladies Night at SoBe

Ladies, get your female friends together to celebrate Breast Cancer Awareness month with a Pink Ladies Night at SoBe rooftop bar.

Catch up with the women in your life while taking in a gorgeous skyline view and all while supporting a great cause.

### Torno Subito

Calling all fans of Italian cuisine! Indulge your taste buds with some true Italian delicacies this October with a special menu from the well known and much loved Italian family restaurant, Torno Subito. You can't go wrong with this menu as everything is bursting with flavour and there is something here for all the family.

### W Lounge

Take in the atmosphere with a serene and luxurious afternoon tea. Enjoy some delicious pink pastries and bites with a special daily pink hour beverage, while relaxing in the beautiful surroundings of the W lounge.

**Dates:** Daily

**Time:** from 12pm to 6pm

**Price:** AED 165 per person.

### AWAY Spa

Relax away your stresses at the AWAY Spa this October. Book yourself in for a 60-minute treatment and get upgraded to an incredible hot stone massage. Let your worries melt away with the happy knowledge that for every spa treatment booked during the month of October, AWAY Spa will donate AED 50 to the #Pinktober campaign.

**Dates:** Daily

**Time:** 10:00 am - 10:00 pm

**Price:** AED 520 for 60 minutes



# WELLBEING



How to take care of  
your toddler's teeth;  
why yoga is good  
for kids; the role of  
magnesium...and  
more!





# THE BENEFITS OF YOGA FOR KIDS

*There's a lot more to yoga than just doing a few stretches. It can improve all sorts of aspects of your child's life, giving them more confidence and relieving stress. Let's take a closer look.*

## WHAT'S SO GOOD ABOUT YOGA?

Yoga is an ever-growing activity that can be enjoyed by adults and children alike. The more research that is done, the more benefits are discovered. Some of these are more obvious than others but it's amazing how yoga can affect and improve so many different aspects of our lives. It's a truly holistic pursuit that will have a positive impact on your child and they will most likely enjoy it too!

### Flexibility and strength

I'll admit it, we all know that yoga improves flexibility. This is even more true when applied to children though. It has been shown to help them with their motor abilities, strength and balance. Strength is something that's not as often linked to yoga but if you've ever tried it, you'll know how demanding it can be! The combination of flexibility and strength will give your little one a great base for all of their other activities and give them a little more confidence when trying a new activity.

### Mental health

Mental health is one of the main issues affecting young people today. There is so much going on in the world, we still don't fully understand the effects of social media on our little ones and it can generally be tough being a young person!



Yoga is a perfect tool to counteract many of the struggles that your child may be having. Research has shown that children who regularly do yoga have better self-esteem and less mood-swings, as well as helping them to cope in times of heightened stress or anxiety.

### Mind-body connection

So many of the issues that our children experience arise from a lack of mind-body connection. Studies have shown that this disconnection is common in many physical and emotional conditions including obesity, difficulty concentrating and anger management problems.

Yoga guides children to focus their mind and to feel their body as it moves through the poses. This forges the connection between their mind and body and the effects will last long after the yoga session is over.

### Relaxation

Relaxation is an often overlooked aspect of life. There is such a focus on productivity from all sides that sometimes we all forget to relax. The same goes with our kids. It's important for us to encourage them to relax regularly. Yoga is a fantastic way to help children to relax and de-stress. It will help them to feel grounded, in the moment and forget about any unimportant stresses of the day.

### Immune booster

This is definitely a surprising one and more studies need to be done, but some signs have suggested that regular yoga can boost immunity! It seems that it helps to reduce inflammation and also enables the immune system to better fight off infection. Yet another reason to encourage your little one to get involved!

### Attention span

Concentration is something that all children struggle with from time to time. Everything is so new, interesting and distracting that it can be hard to focus on just one thing! Teachers in schools that have trialed yoga programs have reported dramatically positive changes in the students' abilities to concentrate. Yoga demands that your child focuses on exactly what they're doing in the moment. With this training your child will be able to apply this skill to everything else.

### Behaviour and academic performance

Yoga has been shown to have a remarkable impact on children's behaviour. Those who struggle with their behaviour have found things a little more manageable and behaved better



after regular yoga practice. This transfers over to academic performance too, with these kids able to take part in class and show their ability. Yoga has been shown to improve your little one's memory too!

### Better sleep

Sleep is something we all could do with a little more of, including our children. With the presence of screens in almost every part of our children's lives, more and more kids are suffering from difficulty sleeping. Recent studies have shown that a regular yoga habit can help your child to clear their mind and finally get a good night's sleep.

### Confidence and self-esteem

Confidence and self-esteem are key for your child to navigate their way through the world on the way to becoming the best version of themselves. Children who do yoga regularly show more self-belief and confidence in their ability, as they begin to learn the poses and improve their ability. Due to this and its de-stressing powers, yoga can help children on their way to achieving better self-esteem.

### Accessibility

Yoga is truly for everyone. It doesn't matter what your fitness level is, what your ability

is, or what resources you have. You can start by setting your child up with a simple yoga YouTube video walking through gentle poses that they will be able to do. As they improve, you can increase the difficulty and watch them flourish!

### MAKE A GAME OF IT

Yoga games are a clever way to introduce your child to yoga, especially if they're hesitant to try a traditional yoga session. Here are a few examples to try out with your little one.

#### Follow the leader

Follow The Leader is a popular game that works great with a yoga twist! Nominate a leader and get everyone else in the group to line up behind them. The leader is to walk around the play area, stopping regularly to perform whatever yoga pose they want. Everyone following must try to copy this yoga pose. Encourage children not to worry if there are some poses they can't do and remember that there are no winners or losers here. Give everyone a chance to be the leader so that they can choose what poses to do. Keep it light, playful and maybe even put some music on.

#### Yogi says

Yogi Says is a twist on the classic Simon Says.

As with Follow The Leader, nominate a child as the yogi to start leading the game. This can be done by drawing names from a hat or any other way you choose. The yogi will direct the others through yoga poses by saying, "yogi says...down dog!" etc. They can then try to catch the others out by calling out a pose without first saying "yogi says". If anyone tries the pose without the yogi saying "yogi says", then they're out for that round. The round will be over when there's only one child left and then they get to be the yogi for the next round! Don't let anyone feel bad if they get knocked out of the game for a round. Encourage them that they'll be back in for the next round and that it's not a competition.

#### Yoga dice

Get a few big, foam dice and write different yoga poses on each side. You can choose how many poses to include, knowing that you can have six poses on each of the dice. When playing in a group, let the children take turns rolling the dice and seeing what pose they have to attempt. Don't be afraid to get involved!

#### Yoga statues

Yoga Statues can be a very exciting game, resulting in lots of suspense and giggles! Arrange the children in a wide circle around you. You are to play 'the watcher'. Start by covering your eyes. The children are to start doing yoga poses and changing from pose to pose regularly. Whenever you choose, you should dramatically uncover your eyes and turn all around the circle, looking at everybody. As soon as you open your eyes, the children should freeze and become a yoga statue, holding whatever pose they're in. You can play along in whatever character you like, patrolling around the circle as a scary or silly inspector, suspicious of or confused by these yoga statues. Prepare yourself for a hilarious scene as the kids try their best to stay in their poses and then cover your eyes again to give them a break. Repeat this as many times as you want and everyone will be thoroughly entertained!

Yoga is one of the most amazing pastimes to get your child involved in. It has countless benefits, and with a few games, it can be loads of fun! Start by including it once a week in the family routine and watch as your little one experiences all of the physical, emotional and social aspects of this wonderful activity.



# LET'S TALK ABOUT LASER TREATMENT FOR MUMS

*Everyone enjoys looking their best, but it can be a challenge to juggle  
motherhood and all that goes into looking well.*



Being a parent is tough work and time is often in short supply! Many mums find themselves permanently busy, making it near impossible to be consistent with a skincare routine. It takes dedicated application across many weeks to truly revitalise your skin and see the results of good skin habits, which can sometimes be an unrealistic option for mothers. It's simply not always possible for mums to follow an elaborate daily skincare routine, use face masks consistently, always stick to a balanced diet and take time to drink enough water during the day. After all, these things are hard for anyone - never mind the amazing mums chasing after children, kissing scrapes and grazes better, organising dinner and making sure little ones are happy and healthy. The good news is that well-chosen laser treatments can give your skin that much-needed glow, so you can feel confident in looking your best in a way that fits with the schedule of being a mum! Let's take a closer look at this increasingly popular option.

## WHAT CAN IT TREAT?

Rebecca Treston is one of Dubai's skincare experts, based out of Hortman Clinics, SZR Dubai and she swears by laser treatments, encouraging mums to ditch the chemical peels and micro needling and say yes to non-invasive laser treatments. Treston commends them for being safe and effective in treating a range of things that may be an issue for some, including:

- Acne scarring
- Stretch marks
- Fine lines
- Wrinkles
- Sunspots
- Loose skin

## WHAT TO CONSIDER

Like anything in the beauty and wellness field, it is essential to know what treatment is most suited to you. Working alongside a skincare expert and

getting their advice should help you to better understand your skin and give you the best results. There are a few important things to think about when deciding if laser treatments are right for you, as there are many laser treatments available and each of them address a different skin concern. For example, there is a laser treatment for hair removal and another one to treat fine lines. Once you know what your primary skin concerns are, you can start narrowing down your options. The ultimate goal is to pick the laser treatment that will help bring your concerns to a level that no longer bothers you and makes you feel comfortable and confident in your own skin, in the safest and most efficient way.

## WHAT TREATMENTS ARE AVAILABLE?

There are a variety of laser treatments to choose from. Here are some of the most popular.

### Peco Genesis

If you're looking for an instant glow, the Peco Genesis is the go-to option for you. Dubbed the "lunchtime laser treatment," this laser 'facial' dives deep into your skin tissue and returns balance, clarity and radiance to your skin, helping you look your very best - naturally.

### Broadband Light treatment

Opt for Broadband Light treatment (BBL) for treating sun damage, brown spots (also known as freckles), rosacea and general pigmentation issues. Brown spots will darken immediately after treatment and slough off over the following 3-5 days to reveal clear, healthy skin.

### Erbium Laser

Also known as a cold laser, this treatment vaporises superficial skin tissue in a controlled and safe manner.

Erbium laser is a great choice for mild to moderate wrinkles and superficial pigmentation.

### Fractional CO2 Laser

This treatment is the best laser to treat deeper lines and wrinkles, acne scars, enlarged pores, severe sun damage, scars and general skin texture issues. In fact, it's the perfect treatment for anyone struggling with multiple skin concerns. Fractionated CO2 creates micro channels in the skin, heating the tissue in these columns, improving collagen and remodelling the skin in that area.

## CHOOSE THE BEST LASER EXPERT TO UNDO YOUR SKIN SINS

As laser treatments involve the use of combining different types of procedures across multiple sessions, it is important to work with a professional that has lots of experience under their belt. Opt for professionals that have experience in working with various skin tones and concerns and if you're considering getting a laser treatment, make sure you understand the pros and cons.

## WHAT IS THE DOWNTIME FOR LASER TREATMENTS?

With advanced technology, most modern treatments have a significantly reduced healing process. If you are opting for a light resurfacing treatment, it might result in dry and flaky skin during the initial few days. However, with experts nowadays adopting a combination procedure, many have less or almost no downtime. That being said, be sure to consult your therapist about recovery time.

When it comes to choosing a laser treatment, there's no single right or wrong answer. Ultimately, it depends on the type of skin you have and what you're trying to achieve through the process. The bottom line is that with the right advice and therapist, lasers can have a huge impact on the look and health of your skin, which can be an invaluable tool as a busy mum!





# DENTAL CARE FOR TODDLERS

*Good dental hygiene is non-negotiable! Everyone needs to take care of their teeth and we owe it to our kids to make sure that we teach them the right way.*

## TOOTH TRUTH

Your little one's baby teeth can appear in no particular order. Generally speaking, the incisors (front teeth) will show first and the rest will follow. Babies will grow 20 teeth in total and they will usually all have arrived by their third birthday.

## Dental hygiene

Ensuring that your child has good dental hygiene is a key part of looking after their health. Dentists recommend that you help your child to brush their teeth at least twice a day. Once in the morning and the second time just before bed. Use a small amount of toothpaste on a gentle child-specific toothbrush.

As they grow and learn, your child will naturally want to brush their teeth by themselves. You can phase them into this by initially letting them clean their teeth and then you can help out at the end by getting any spots you suspect they may have missed. They get to be involved and you know that they're teeth are properly clean. Every child is different but most will need some form of assistance until roughly seven years of age.

Even if you feel they are doing a good enough job, it's worth supervising from time to time to ensure that they're brushing their teeth thoroughly. Once you feel they're able, consider helping them get into the habit of using mouthwash and flossing and they'll have a complete dental hygiene routine.

Here's a 5-step guide to helping your child brush their teeth:

- Position yourself behind your child, with the two of you facing a mirror. This means they can see you and you can see their mouth
- Gently hold your child's face and maybe tilt their head backwards slightly so it's resting against you. This will make them feel safe and comfortable which is particularly important in the early stages of teeth brushing - it can be a scary process for some children!
- With a small amount of toothpaste, slowly move the toothbrush in small circles across your little one's teeth and gums. Be sure to brush all three faces of the teeth - the front, the back and the biting surface, and don't forget to brush their tongue
- Once they spit out the toothpaste, check if there are any little toothpaste marks around their mouth and wipe them away
- Rinse the toothbrush and store it with the head facing upwards so that it can dry thoroughly

If your child is nervous around teeth-brushing, try to make it as fun an experience as possible. You can sing a tune, make jokes or do anything that will distract them from any discomfort while you get the job done.

## PICKING THE RIGHT TOOTHBRUSH

Be sure to select a toothbrush that's suitable for your child's age. Younger children need smaller brushes with softer bristles. These



will often come in lovely designs with your child's favourite cartoon character on them. Perfect for taking the fear out of teeth-brushing!

Don't forget that toothbrushes are only effective for around 3 months so replace them when they're worn out. It's always worth buying toothbrushes in pairs so you'll have a spare new toothbrush just in case!

## THE DREADED DENTIST

It's recommended to bring your child for their initial visit to the dentist with the arrival of their first tooth, when they're around 6 months old. Going to the dentist can be a frightening prospect for any child. It's important to find a good dentist for your little one when they're young and future visits will be free of stress.

Using the same dentist will help you to build up a clear picture of your child's dental health too. Some children will need to hear dental advice from a professional as well as their parents for it to really sink in. As with all health issues, prevention is the best course of action so adopt this approach by booking your child in for regular dental check-ups.

## NUTRITION AND DENTAL HEALTH

We all know that our children need a well-

balanced diet, taking in all the major food groups. However, there is a link between diet and tooth decay. Carbohydrates and sugar tend to be the main culprits. Whether or not they cause any damage depends on how long they're left on the teeth.

## 5 tips for avoiding tooth decay:

- If possible, stay away from sticky foods that could linger in your child's mouth after they've finished eating
- Try to limit snacking as much as possible. This will give plenty of time between eating for your child's saliva to remove the food particles
- Encourage your child to rinse their mouth by drinking some water after a meal.
- Avoid sugary snacks and treats as much as you can
- Include foods like green vegetables that have a high calcium content to keep your child's teeth healthy and strong

Introducing teeth-brushing and healthy nutrition habits will ensure that your child has good dental health. Take the fear out of it all by being by their side and leading by example. You can feel good about yourself when your child looks up at you and smiles with those lovely pearly whites!

# THE ROLE OF MAGNESIUM

*Magnesium plays a primary role in your child's health but it's not often discussed. Let's take a closer look at what it does and where we can get it.*



Magnesium is a super mineral. It encourages lots of other vitamins and minerals to do what they're supposed to. It helps to extract energy from food and it plays a part in multiple systems within your little one's body.

## BENEFITS OF MAGNESIUM

### Heart health and immunity

Magnesium keeps your child's heart rhythm healthy. It keeps the connection strong between the nerves that tell the heart to beat and the muscles that make the heart beat, so that everything works as it should.

Magnesium keeps the immune system strong, especially when it is fighting something off. It reinforces the ability of white blood cells to combat bugs and germs affecting our children.

### Teeth and bones

Magnesium makes our child's teeth and bones stronger and healthier. It helps maintain bone density and can stave off some bone-related illnesses, such as osteoporosis. Research has shown that the amount of magnesium consumed by a child is an accurate indicator of their bone health as they grow up.

### Muscles

Combined with calcium, magnesium works to promote muscle function. It will relieve sore or tight muscles and can even aid flexibility. It works with calcium to optimise muscle contraction and relaxation. Magnesium also assists the body in using protein to help your little one grow big and strong!

### Relaxation

This mineral is great for helping our children to relax, and is particularly helpful for those who struggle a little



with sleeping. It can balance out signals in the brain that may make our children too hyperactive, providing them with a sense of calm.

## FOODS TO INCLUDE

There are lots of options when it comes to getting some magnesium in your child's diet. It's recommended to take advantage of this variety and not just provide their magnesium from a sole food source, so that they can receive all of the other vitamins and minerals that this wide variety of foods will provide. Magnesium rich foods include:

- Leafy greens, such as spinach or bok choy
- Lentils and beans, such as black beans or edamame beans
- Nuts and seeds, such as chia seeds, almonds or cashews
- Whole grains, such as brown rice or oats
- Fish, such as tuna or salmon
- Fruit, such as bananas or avocados
- Cruciferous vegetables, such as broccoli

## HOW MUCH DOES MY CHILD NEED?

The recommended daily intake of magnesium for your little one depends on what age they are.

- For children aged 1-3 years, the recommended amount is 80 milligrams per day
- For children aged 4-8 years, the recommended amount is 130 milligrams per day
- For children aged 9-13 years, the recommended amount is 240 milligrams per day

The above amounts are the totals that you should provide to your child, depending on their age, from both foods and supplements. As always, it's preferable to get the whole amount of magnesium from food alone but supplementation is also an option, especially in cases where there is a magnesium deficiency.

## MAGNESIUM DEFICIENCY

Magnesium deficiency isn't something that most people have to worry about. There are some illnesses that can result in low magnesium levels, such as diabetes. For most children, however, a lack of magnesium comes from not intaking enough through their diet. This is yet another reason why we need to do our best to ensure that they're eating a healthy, balanced and nutritious diet!

There are plenty of warning signs that your child may be experiencing some form of magnesium deficiency, including nausea, vomiting, fatigue, muscle soreness or twitching, loss of appetite and skin sensations such as itchiness or numbness. If you are concerned, be sure to consult with your child's doctor for diagnosis and peace of mind.

Magnesium deficiency can also present itself as a change in your little one's emotional state, not just their physical one. They may become frustrated and grumpy, have difficulty sleeping, struggle to maintain focus, and feel anxious. Of course, there are lots of reasons that your child may be going

through any of these but magnesium deficiency is one of them!

## DOES MY CHILD NEED SUPPLEMENTS?

Diet is very important for the all-round health of our precious children. Ensuring that they are getting what they need from their food can prevent so many issues and make their lives a lot more pleasant - even if they don't want to eat their greens!

There are some cases, however, where supplementation is a good idea. Magnesium supplements may give your child that little boost they need, if their body isn't receiving enough of the mineral, or is struggling to hold on to it. There should be plenty of discussion with a trusted medical professional before choosing this path to ensure that it's absolutely necessary.

Magnesium is a wonderful mineral that does so much for our children. It's widely available through different types of food and provides support to lots of systems in your little one's body. So keep trying to get those leafy greens into your child's meals!



# 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.





A large, glowing golden ring is centered on a dark background with golden light streaks and bokeh. Inside the ring, the text "Mother Baby & Child" is written in a large, bold, golden serif font, and "INDUSTRY AWARDS 2022" is written below it in a smaller, white, sans-serif font.

# Mother Baby & Child

## INDUSTRY AWARDS 2022

## **LAST CHANCE TO NOMINATE YOUR BEST BRANDS!**

This month is the last chance to nominate your favourite brands, companies, baby products, stores, clinics, schools and more in the Mother Baby & Child Readers' Choice Awards for 2022!

Nominate your favourites for a chance to win a seat at the glitzy awards ceremony next spring, and from next month, you can finally get voting for a chance to win some fabulous monthly prizes.

### NOMINATING TO GIVE BACK TO OUR COMMUNITY

Maybe it's the skin cream that keeps your baby moisturised and comfy. Maybe it's the delivery service you rely on to save you time in getting family meals together. Maybe it's a school teacher you appreciate for supporting your child's needs. Or maybe your chosen maternity hospital looked after you and your baby with such great care, you want to nominate them to let other mothers know they too will have a caring experience there.

Whatever the products, individuals, brands and parental support services help make your family life easier, more fun, more supportive or more pleasurable - nominating is a way you can give back and pay it forward.

### HOW DO THE AWARDS WORK?

During October, you're invited to go onto the Mother Baby & Child website, click on the 'AWARDS' tab and nominate the brands you rely on or appreciate to help you with family life.

In November, the awards 'Round 1' voting will open and here you'll find out about the brands that other mothers appreciate and you can start voting for your favourites.

At the end of the year, we'll announce the 5 shortlisted nominees that have received the highest number of votes in every award category - and somewhere in the final 5's for each award, your eventual winner will be determined by the 'Round 2' voting!

The 5 finalists in each voting category in the Mother Baby & Child Readers' Choice Awards for 2022 will be announced in February 2022 - so look out for details on our website and social media. You can also keep an eye on the newsletter to see the prizes on offer - you'll receive an announcement of the current prizes every month.

### HOW TO WIN PRIZES

A random prize draw will take place at the end of every month for everyone who has voted the previous month. We'll be picking 4 winners every month, so make sure to count yourself in!

### AWARD CATEGORIES:

- Baby & Child Care
- Family Experiences
- Education
- Children at Play
- Parenting Support
- Health & Medical
- Retailers
- Inspirational People



# PARENTING



Why play is so vital  
for kids; what your  
parenting style means;  
and helping teens  
manage their anger!







# LET'S TALK ABOUT PARENTING STYLES

*We all parent differently, but did you know there are four distinct parenting styles that we are all a part of? Here we'll walk through each of them and highlight which one is best.*

Many parents feel anxious in the understanding that the manner in which they raise their child will have a powerful impact on how their little one grows and develops. We all have an idea of how best to raise children but there are four general parenting styles that most people settle into: Authoritarian, Authoritative, Permissive and Uninvolved. It should be noted that there is no 'perfect' parenting style although it is generally believed that Authoritative is the most well-rounded. Let's have a look at all four of them and how they work.

## **AUTHORITARIAN**

Authoritarian parents have a tendency to act as if they are always correct and that their children should do as they're told. If a child objects to a rule and the parent's response is to shut them down and not listen because they're 'in charge', then that is an authoritarian approach. There is zero room for the child to negotiate with the parent and the parent expects the child to obey the laws without protest. If the child encounters a problem, they're often not consulted when coming up with a solution. The parent presumes that they know best and don't need any input from their child.



Children of authoritarian parents are often punished if they do something wrong. Instead of being taught how to make better choices, they get penalised for making a mistake. The result of this is children that obey rules carefully but they are far more likely to struggle with self-esteem issues later in life. They will be overly afraid of making mistakes or expressing how they feel.

Some children will begin to resent their parents under an authoritarian system. They may get in line and do as they're told but inside they will be furious with their parents and they'll begin to act out in various ways. They may not actually be doing as they're told, they just appear to be doing so. This is a dangerous precedent to set as it can cause a divide in the relationship between parent and child.

## AUTHORITATIVE

An authoritative parent will still have rules but they will explain to their child why those rules exist. They still expect these rules to be followed and there will be consequences if they're broken. But it's not that black and white. They will speak to their child about what happened, try to understand what went wrong and take all of that into account when determining what the resulting action should be. There is no doubt that the parent is still the person in control of the situation and setting the limits, but they are sure to take their child's opinion on board and truly consider it.

Authoritative parents will explore ways to foster and maintain a healthy parent-child

relationship. They research ways in which to reinforce positive behaviours from their children and they will do their best to prevent negative behaviours before they become a habit. All of this is done in a firm but loving way, with the child being included in some aspect of the decision making all along.

It is generally agreed that this parenting style is the one that produces the most well-rounded, healthiest kids. The children of authoritative parents usually grow up to feel more sure of themselves and able to act responsibly. Their decision-making is often stronger than others and they tend to be happier.

## PERMISSIVE

Permissive parents are often seen as 'walk-overs'. They start out with good intentions, setting out rules and boundaries. But the problems start when the child breaks one of these rules. The permissive parent won't really react when their child oversteps a boundary. There often won't be any consequences at all. They believe that their child means well and the less input from the parent the better. When there is any tension, they may be too lenient or forgiving. Even in cases where they are enforcing a rule or disciplining their little one, they may give in early and ease off the discipline.

Permissive parents may be uncomfortable in the parenting role and instead focus on being a friend of their child. This is the root of a lot of the issues. The child will be much less likely to follow the rules of someone acting as a friend and not a parent. It feels inconsistent when one moment you're friends and the next you're having to be strict with them for doing something wrong. This parenting style can be kind and gentle, lending an ear to the problems of the child. But it also results in a hesitance to do anything about the problems or to advise the child on how to behave properly.

Contrary to the aim of permissive parents, their children will often struggle in various ways. Academics are tough when discipline is a foreign concept. These kids will find it very hard to operate in a system such as school where there are countless rules to follow. This can lead to separateness and low self-esteem from feeling like they don't fit in. Being unused to discipline can have a series of knock-on effects such as unhealthy eating, lack of exercise and poor hygiene.







## UNINVOLVED

An uninvolved parent is quite detached from their child. They may not know much about their child's day-to-day life, who they're spending time with, where they're hanging out or what they're getting up to. In the home, there aren't really any rules or even guidelines for the child to follow. There is an absence of attention from the parent to the child. Uninvolved parents expect their children to essentially figure it out on their own. While this is quite a neglectful way to treat a child, it's not always the intention of the parent. They may be struggling themselves in some way and aren't available to provide the care that a child requires.

Uninvolved parenting is a lot more common than you might think. Some people are unfamiliar with what it takes to raise a child in a healthy way, and others are just completely overwhelmed trying to stay on top of everything in their personal lives. However, the outcome stays the same. The child receives inconsistent messaging and doesn't get the care that they need to develop properly. As with some of the other parenting styles, children of uninvolved parents are more likely to struggle with self-esteem issues. They might find school difficult and they may struggle to behave properly. Social situations can be very challenging as they haven't received normal messaging when it comes to interacting with others.

## WHAT SHOULD YOU DO?

It must be said that parents rarely fit into just one parenting style. Everyone is different and will therefore parent in slightly different ways. Each of us has things that we think are the most important and we're more likely to enforce rules around these, whereas there are things we are more likely to let slide if we don't think they're as important. Research indicates that the authoritative style is the best for the healthy development of our children. We are all trying to be the best parents we can and a little bit of knowledge goes a long way. Even being aware of the parenting styles and which ones you favour will help you to become a better parent for your little one. Parenting is all about balance. You will be able to make little changes here and there, knowing that you're giving your child what they need to become their best selves. You've got this, mama!



# YOUR TEEN AND ANGER

*Teenage anger can be a challenge to manage. In this article, we look at what you can do to help your teen deal with their anger.*



At one time or another, all teenagers experience anger and may even lash out. This can usually be attributed to their lack of experience expressing themselves and having to work through intense emotions. While it is a natural part of growing up, there are things we can do as parents, to help our teens manage their emotions and to prevent them from getting themselves into trouble.

## SEE WHERE THEY'RE COMING FROM

Anger is a particularly difficult emotion for teens to contend with. It can be much more powerful than the other emotions that they experience. If your teen doesn't know how to manage this feeling, they may get overwhelmed and act out. Even in the most difficult

times, it's important to try to look past these outbursts and to find the root cause. Behind the anger they're showing, they may be feeling sad, frustrated or insulted. Once the spike of anger has passed, have a chat with your teen and try to get to the bottom of the emotions together. Put yourself in their shoes and offer suggestions for how to better express their feelings before they transform into anger.

## ANGER IS A VALID EMOTION

Anger itself isn't the issue. It's a powerful and genuine emotion that we all experience when confronted with something that makes us feel weak or insignificant. Anger should be felt under

the appropriate circumstances and not suppressed outright. The tricky part around anger is the expression of it. This is where everything gets a bit muddled for teens and they can become unpredictable.

Most teenagers will try to take their anger out on their environment, whether it be loved ones or possessions. They may become verbally or physically aggressive and difficult to be around. These are crucial moments where you need to be there to support your teen, gently teaching them more suitable ways to express their anger

## WHAT WE CAN DO

The best place to start in helping your teen to manage their anger, is to show them how to identify when they're feeling angry and how to peel it back to the emotions underneath. Alongside this, there are many practical ways to help your teen to vent their anger and frustration.

## Sports and exercise

Introducing your teen to sports or any kind of exercise will provide them with a regular, healthy outlet for their anger. It doesn't

matter if it's athletics, weightlifting, tennis or any team sport. Engaging with sports or exercise is a reliable way to open the valve and release some anger safely.

## Music

Music is one of the purest forms of expression. Let your teen explore their music tastes and they will surely find something that reflects how they feel. This can be a fantastic way for teens to understand their emotions while realising that they're not alone in feeling them. One step further is to encourage your teen to start playing music. They can play songs that they love and perhaps even start to write their own. It's a perfect way to get those feelings of frustration and angst out.

## Journalling

It can be near impossible to journal in the height of anger, but doing so just afterward can provide a lot of clarity on what other emotions are at play. If you can convince your teen to do this, it will provide invaluable insight into what led to them getting angry. This can be used to understand your teen's anger better and de-escalate it.



## DON'T BE AFRAID TO TAKE A STEP BACK

In moments of anger or rage, it can be better to take a few moments and to let your teen to do the same. As long as they understand that they're not being abandoned, this space can enable them to let their anger pass without taking it out on anyone around them. It gives them room to be angry and then you can rejoin and discuss the incident.

## IF IT GETS TOO MUCH

If you feel like your teen's anger is getting out of control and these suggestions aren't helping, it might be time to get some professional help. Teen counsellors are well-equipped with specialist knowledge and skills to understand and to help your teen to come to terms with their own anger. It's definitely an option worth considering if you feel like you're not making any progress on your own. It may get worse before it gets better, but your teen will thank you for it in the future. Their life will seem much more manageable and enjoyable, and that's what we all want for our teens!

## ONE STEP AT A TIME

Managing your teen's anger can be extremely challenging. But you can do it! Even when you're not entirely sure which direction to go, it's always a good idea to model the behaviour you'd like your teen to reflect. Another great skill is being able to see things from your teen's perspective. Coupled together, these two will provide a strong foundation for communication, making the whole situation much easier for both you and your teen.





# THE IMPORTANCE OF PLAY

*Play is a big part of every child's life but how exactly does play contribute to kids' healthy development and happiness?*

Play is an essential aspect of every child's day and it strongly contributes to their development. It can have a wide range of positive effects on our little ones and is one of the main ways they learn about the world, themselves and others. It's as vital to their happy, healthy development as a good diet, a proper night's sleep or keeping active. In fact, the United Nations considers play to be one of the basic rights of every child on earth.

There is no 'best' way to play. It is not something a child can get right or wrong, but simply a part of their world that they can explore in whatever manner they are drawn to. This could be anything, from playing out scenarios with figurines, to sticking their hands in slime or simply





staring out of the car window. It can vary hugely, depending on the individual personality of each little one and how they feel on any given day. There are times kids enjoy playing in groups, engaging with friends and times they prefer to play alone. In different types of play they will talk aloud and in other moments, they will be quiet and content with their own imaginary games. There are days when playing is a big, messy, adventurous affair and there will be other times when children are self-contained, neat and relaxed. All of these modes of play are equal and normal, and are all paths towards learning and development. Play simply requires time, space and the freedom to do what captures each child's imagination and takes their interest!

## THE IMPORTANCE OF PLAY

Let's look at some of the main reasons that play, both structured activities and unstructured exploration, is highly important for kids' development and learning.

### Encouraging creativity and imagination

Play requires children to use their imagination. So much of kids' play is centred around imaginary scenarios, make-believe and pretending. Many little ones love to act out different problems and solutions, making up various rules as they go. This is excellent practice for following rules in real life and being flexible with their behaviour, depending on the scenario. Imagining one object as another is a common theme of many children's play. This could look like your little one pretending a tennis racket is a violin or flowers in water is perfume etc. This kind of game is known as symbolic play and forms a big part of learning to problem solve and build a child's creativity. All of these aspects of imagination instil a sense of confidence in kids and are great life skills to hone from an early age.

### Helping healthy brain development

Unstructured play is play that isn't planned but simply unfolds according to what takes your child's interest in the moment. It is not directed or organised by a grown up and is unscheduled. This kind of free play is especially necessary for younger kids as it fosters their imagination and supports a child's healthy brain development. It reinforces existing neural connections in your little one's mind and helps them to create new pathways in the brain that are used for thinking. As well as this, natural play also strengthens the prefrontal cortex, an area of the brain involved in shaping the way a child learns new information, goes about problem-solving and takes in knowledge of their surroundings.

### Unstructured play can mean a variety of activities, including:

- ✓ Discovering and exploring environments like parks, yards, new buildings etc.
- ✓ Playing creatively, such as arts and crafts, colouring or musical activities, either in collaboration or alone



- ✓ Imagination games like playing pretend characters, creating scenarios between figurines or dolls, dressing up etc.

### Behavioural advantages

As humans, it's normal to lean on activities that calm us when we feel overburdened. This could be anything from listening to music, exercising, chatting with friends, going for a stroll or engaging with our favourite hobby. What many of us don't realise is that these are all ways we reintegrate play into our lives as adults, keeping us connected to the things that make us feel centred and settled.

Kids behave in a very similar way, although they need a much greater amount of playtime. Engaging in a daily dose of fun and games, imagination and creativity is a wonderful way for kids to lower their stress levels, feel more grounded, less grumpy and more self-confident and joyful. Play also teaches children how to explore life, take in and process the world around them, while also developing the ability to work with others, to share toys and ideas, to resolve any clashes of interest and to stand up for themselves when conflict arises.

### Promoting a sense of power

Kids rarely run any aspect of their own lives and how they spend their time. While this is completely necessary, as they need an adult to care for them, it can lead to a lack of empowerment. Children tend to be told where



to be, what to eat, what they can and can't do etc. Play is the antidote for this! Play allows little ones to create and follow their own rules for once, to lead the activity and have the chance to exercise some power. This is vital for encouraging their confidence and capability.

### The benefits of playing alone

It can be natural as a parent to want your child to play mostly with other kids, as we tend to think of children who gravitate towards being alone as shy or lacking in confidence. In truth, a balance of both is best. When little ones play on their own, it can actually really benefit their development. When a child is comfortable and able to play alone, it means they are confident in their own independence, which is an important skill to have all the way through life. Feeling comfortable at thinking for themselves also impacts their abilities in other areas, such as

trying to figure out the answer to a problem without help, tackling new situations with more flexibility and navigating their own internal world. In turn, these skills can continue helping a child as they get older, both at socialising within a group successfully and also not being overly influenced by others or afraid to make their own judgements and choices.

### Keeping active

There is no question that children have much more positive outcomes when they stay physically active and fit. Play is a great gateway to doing exactly that, in a way that feels natural and fun! Any kind of game or play that gets kids moving is good. Whether it's a game of hide and seek or chasing, a homemade obstacle course or simply some running around at the playground, it doesn't matter! All of these activities allow

little ones to make stronger connections between their brain and body, bettering their reflexes, balance and control of their movements. Also, any activity that keeps kids moving will improve their fitness, strength and stamina and help improve their cardiovascular system! It also teaches children to link the idea of exercise with fun and positivity, which is a great foundation for keeping fit all their lives.

All in all, the importance of play can't be overstated for children's healthy development. As we have seen, play has a wide range of far-reaching benefits for kids' mental, emotional and physical health, as well as an impact on their personality and behaviour. It's a good idea to encourage your child to play every day, in a variety of ways - by doing this, you will be setting them up to do and be the very best they can be.

# PLAY, LEARN AND SHARE WITH TOYSHARE

*We shine the spotlight on a wonderful service for children's play where you subscribe and receive new educational books and toys every two weeks at your doorstep.*



ToyShare is the UAE's very first books and toys rental platform for children between the ages of 1 and 12 years old. With an inventory of over 5,000 books and toys, there is a huge variety to choose from, with something at ToyShare for everyone.

## WHAT ARE THE ADVANTAGES?

Renting books and toys can help you create a neater, clutter-free environment and gain more space at home. Toyshare's subscriptions save the wastefulness and room taken up by outgrown toys from homes around the UAE, while also saving parents the time and money they would otherwise spend on buying new toys for their little ones - many of which are entertaining and useful, but only played with for a short period.

## HOW DOES IT BENEFIT THE ENVIRONMENT?

Furthermore, many toys eventually end up in landfill, which is terrible for the environment. ToyShare is on a mission to save toys from such a wasteful end. As an online educational and recreational platform that provides kids with a variety of toys and books, its purpose is built on the idea of reusing and recycling items and encouraging a sharing economy.

It aims to prevent toys from ending up in landfills and oceans, and contribute in a meaningful way towards rescuing the planet. One of the big benefits of adopting this rental system is the lesson it teaches children about sharing and caring. It sends kids a positive message around the concept of learning to be mindful of the environment and eco-friendly in their habits, while also enjoying everything that ToyShare's wide library of books and catalogue of toys has to offer.

## HOW DOES IT WORK?

Parents can enrol their children to one of ToyShare's monthly subscription packages and have new books and toys delivered to your doorstep every two weeks. All the books and toys from ToyShare are disinfected and sterilised using the latest technology and arrive at your home carefully packed and securely locked. You will then receive a unique passcode to unlock your bag of goodies.

Once the books and toys are retired from the library they are donated to children in much less fortunate circumstances. ToyShare has collaborated with the region's most active toys charity institute, "Toys with Wings", to make this donation possible.

Sharing books and toys has never been more simple! There are a number of different monthly packages you can subscribe to, starting from just AED 58 per month. It's very easy to get started as ToyShare is available on Google Play and the App Store, or you can visit their website at <https://toyshare.ae> for more information.





# EDUCATION



This month, we look at how dyslexia affects children, as well as the best tips for minding kids' mental wellbeing through the school term.



## MINDING TEENS' MENTAL HEALTH THIS SCHOOL YEAR

*We look at some helpful tips for parents of teens on how to mind kids' mental health through this school year.*



School is one of the most important places where children learn and grow intellectually, socially and emotionally. While it's been wonderful that children have been able to return to a healthy school environment this year after the pandemic, change can also be challenging, especially for older kids.

### COMMUNICATION CAN RELIEVE STRESS

Helping your child manage school stress is all about communication. It can also be helpful to consistently talk with them and get a sense of how school is going and any

tensions that may be troubling your child. Are they concerned about making new friends? Are they feeling overwhelmed by homework? Is there something new that may be causing anxiety, like dealing with a locker combination or who to sit with in different classes?

### REASSURANCE GOES A LONG WAY

Sometimes just being able to talk about those details and expressing any worries in words can go a long way to helping a teen who's feeling anxious. Talk to your teen about your own experiences moving through secondary

school and any difficulties you had and how you overcame it. Doing this will let your child know that they are not alone in the situation, that it's normal to find things tough sometimes and that there are ways to get through it. Most importantly, remind your teenager to stay flexible and be open to the possibility that their feelings may change over the course of the year. Don't forget to let them know that it's okay not to feel okay.

Consider these tips to help manage your teenager's mental health this school year:

### Be aware, positive and supportive

Be alert throughout the year to recognise any ongoing concerns or anxieties and keep the lines of communication open. It's best to maintain a positive attitude when you discuss school and encourage your child to do the same. This fosters a healthy atmosphere around the idea of school and helps teens to frame challenges in a better light.

### Manage stress

Practice relaxation and learn new skills to manage stress. Explore how relaxation, mindfulness or other stress management techniques, such as yoga, can calm the mind. Several free classes and mental health apps are online. Many of these skills are portable and can be used anytime, anywhere.

### Set and maintain a normal daily routine

Encourage your teen to aim to wake up and go to bed as close as possible to the same times each day. Remind them to stay hydrated, try to keep up with a healthy diet and focus on getting physical activity, as a healthy body helps maintain a healthy mood and mindset which is crucial for everyone, but never more so than through the turbulent teenage years.

Some people may struggle with more significant mental health difficulties, so if you believe your child needs additional resources, be sure to speak with a paediatrician or another health care professional for advice.



# DYSLEXIA IN CHILDREN: AN INTERVIEW WITH THRIVE



*With Dyslexia Awareness Day taking place this month, we talked to Sonia Singhal, the Lead Assessment Specialist at Thrive Wellbeing Centre, about this learning difficulty that affects so many children.*





The start of the new school year is always nerve-racking; everyone is adjusting to new schedules and getting back on their feet. While this can be exciting, it can also highlight the various difficulties kids may have when they are reading or writing. As children start new classes or new stages, parents and teachers might begin to notice a child struggling with academic skills. If these difficulties are significant and persistent and appear to be impacting a child's ability to keep up with their classmates and their grades, it may be a sign of a learning difficulty. Dyslexia Awareness Day takes place in October and with this in mind, we spoke with Sonia Singhal, lead psychoeducational assessment expert at Thrive Wellbeing Centre, Dubai, to get a more thorough understanding of the difficulties that dyslexia presents.



### What are your qualifications and experience in this area?

I am the Lead Assessment Specialist and a Counselling Psychologist at Thrive Wellbeing Centre, Dubai. I am a CDA Licensed Psychologist in Dubai and a Licensed Marriage & Family Therapist (California). I hold an M.Ed. in Psychology from Columbia University in New York and have 18 years of experience conducting psychoeducational assessments and assessments for children and adults. I also provide individual and family therapy and I hold a special interest in attachment theory and family systems. I am passionate about supporting children and adults in overcoming difficulties and improving their emotional wellbeing and relationships with others.

### What is dyslexia and what causes it?

Dyslexia is a neurodevelopmental disorder that primarily affects the skills involved in accurate and fluent reading and spelling. Characteristic features of dyslexia are difficulties in phonological awareness, reading speed and reading accuracy. Phonological awareness means being able to recognise and manipulate the spoken aspects of sentences and words. This includes the ability to identify words that rhyme, recognising alliteration, segmenting a sentence into words and identifying the syllables in a word. Dyslexia can occur across the entire range of intellectual abilities and is not caused by or indicative of problems with

intelligence. Most children with dyslexia can succeed in school with tutoring or a specialised education program. Sometimes dyslexia goes undiagnosed for years and isn't recognized until adulthood, but it's never too late to be evaluated and to seek support.

### What are the symptoms?

There are a variety of signs that a child is struggling with dyslexia, including:

- Phonological skills: problems with basic phonological skills such as difficulty learning the letter sounds or mixing up the letter sounds
- Issues forming words: problems forming words correctly, such as reversing sounds in words or confusing words that sound alike
- Difficulty expanding vocabulary: learning new words slowly
- Word differentiation: difficulty seeing similarities and differences in letters and words
- Confusion with pronunciation: inability to sound out the pronunciation of an unfamiliar word
- Difficulty reading: this includes reading aloud and slow and labour-intensive reading
- Lower reading age: the child is reading well below the expected level for age
- Difficulty spelling: this includes letter reversals, such as 'b' and 'd'



- Difficulty translating from print to speech: this could include tracking, decoding and word building
- Understanding: difficulty with reading comprehension
- Slow to finish tasks: spending an unusually long time completing tasks that involve reading or writing
- Task avoidance: this could be any activities that involve reading

As per the DSM 5 (which is the standard reference system for classifying and diagnosing difficulties and disorders, as used by global professionals), the official diagnostic term of Specific Learning Disorder with Impairment in Reading refers to difficulties with word reading accuracy, reading rate or fluency and also reading comprehension. It's important to note that a child who is diagnosed with a Specific Learning Disability (SLD) is not necessarily dyslexic; however, dyslexia is the most common SLD and the word 'dyslexia' is a

term used to refer to a pattern of learning difficulties characterised by problems with accurate or fluent word recognition, poor decoding, and poor spelling abilities.

### At what age do the symptoms of dyslexia typically manifest in children?

Symptoms of dyslexia typically manifest during the elementary years, when a child starts to read. This is often around the age of 5 or 6 years old, but symptoms can be missed until the child is much older.

### How can a parent or teacher tell the difference between the normal process of a child learning to read and write, versus the early signs of dyslexia?

Many children have some difficulty with learning to read and write. However, if a child's reading levels persistently remain below their grade level expectations and they

continue to struggle to make the expected or average progress in reading skills, despite formal education and interventions, this can indicate a learning difficulty.

### If a parent or teacher suspects that a child may have dyslexia, what course of action do you recommend?

If a parent notices that their child might have reading difficulties, they should discuss this with the child's teacher as soon as possible. If a teacher has concerns, they should notify the parents and discuss the necessary steps involved in the evaluation process. Many schools utilise dyslexia screeners as an initial way to identify possible symptoms of dyslexia and then refer the child for a psychoeducational assessment. The assessment should be completed by a qualified professional to obtain an official diagnosis, in order to implement the appropriate and most helpful interventions at school.

### What can a parent do to help support a child with dyslexia?

- The first step is to understand and take care of your own feelings regarding your child's diagnosis so that you can be the most helpful caregiver throughout this process.
- Ask questions and have conversations with psychoeducational professionals and educate yourself about dyslexia so that you are well informed and as prepared as possible
- Take all the support that you can get, from family, friends, school systems and anywhere else that you find helpful.
- Talk openly with your child about dyslexia, in an age appropriate manner, and discuss the support that they will be getting.
- Make reading fun and focus on topics that interest your child. Involve your child in choosing what they want to read.
- Try different modalities such as audio books, comics and magazines, to add variety to how your child is reading.
- Make reading a family event and take turns reading and acting out parts.
- Play word games, make up stories, use flash cards - try different activities, not just traditional book reading.
- Reinforce, celebrate and reward any efforts your little one has made in reading.

### For children whose dyslexia is not identified until they are older, what is the psychological effect on the child?

The longer a child with dyslexia goes without appropriate diagnosis and intervention, the more likely it is that they will continue to fall behind academically and this might result in a loss of interest in their studies and an increased sense of failure and low self-esteem related to academic performance. This can also lead to difficulties with self-confidence and social skills, psychological difficulties such as depression or anxiety, or additional behavioural difficulties at home or at school.

### If a parent or teacher misses the early signs of dyslexia, how should they look to help an older child?

It is never too late to seek support for dyslexia and the first step would be to follow through with an assessment and then implement age-appropriate interventions. Additional educational support can be provided at home, in line with the interventions that are being provided at school. Parents should focus on reinforcing and enhancing the child's strengths and talents, in order to encourage the child to feel successful despite their academic difficulties. This is

an important step in developing a positive self-image and can be very important for confidence and self-esteem.

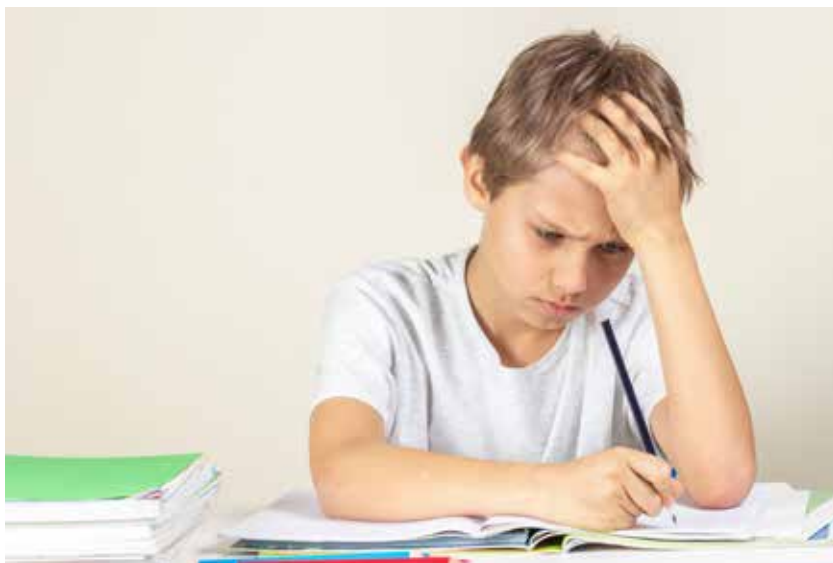
### How can Thrive help children with dyslexia and support their parents?

Thrive can support children with learning difficulties by conducting assessments and providing therapeutic or even psychiatric support, if needed. We work with children and adolescents aged between 3 and 20 years old. We can support your child with any behavioural, emotional, and social challenges they have. Our expert psychologists use a combination of talk therapy, art therapy, and play therapy. We also collaborate closely with parents who need support and with teachers to offer guidance in supporting the child at home and at school.

### What is the importance of Dyslexia Awareness Day?

Dyslexia is a widespread challenge that can impact school grades and cause social and emotional issues in children such as low self-esteem, depression and anxiety. Dyslexia Awareness day is crucial because it highlights the progress that has been made in how this difficulty is perceived and understood. Although biases may still exist, there is a much greater appreciation, recognition and understanding of the experiences that individuals with dyslexia face. Raising awareness also improves the likelihood that people may feel more encouraged to get a diagnosis and treatment, safe in the knowledge that there is support and interventions available and accessible to them. I would also like to highlight the importance of obtaining a formal assessment from a qualified professional to get a diagnosis and not relying upon self-diagnosis, media trends or online diagnostic options. This day is important because it raises awareness of dyslexia and chips away at the stigma of this struggle.

If you have been affected by this information and suspect that you or your child might be struggling with dyslexia or any other learning difficulty, we advise you to talk to a professional psychoeducational assessor to get the best support available. For more information about the work done by Thrive Wellbeing Centre and the services they provide, please visit [www.thrive.ac](http://www.thrive.ac)





# SCHOOL & FAMILY BREAKS



Adventurous hotel destinations with a positive impact; and a family-friendly wellbeing retreat in Qatar!

## TRAVELLING WITH PURPOSE

*Many families prefer to holiday with a positive purpose in mind. These are some of the most interesting hotel experiences on offer at the moment.*









These days, families crave authentic experiences and want to feel that their getaways benefit the places they visit and don't take away from the people. With that in mind, here are some of the best hotels to travel with purpose to across Europe, the Middle East and Africa. From an exclusive island retreat with a pioneering conservation program in the Seychelles to a sustainable city break in Copenhagen, these hotels promise to create meaningful experiences for families while leaving a positive impact.

### **AL MAHA, A LUXURY COLLECTION DESERT RESORT & SPA, DUBAI**

A Bedouin-style luxury retreat in the middle of the Dubai Desert Conservation Reserve, Al Maha, a Luxury Collection Desert Resort & Spa is an exclusive haven for Arabia's natural wonders. Nestled among the lush palm groves, emerald canopies and iconic sand dunes, the hotel offers secluded tranquillity for families and iconic vistas of the sweeping plains and Hajar Mountain massif, that will make an impression on everyone. Once extinct in

the wild, the Arabian oryx is now thriving around the resort after careful conservation efforts, lending a perfect opportunity for kids to learn about this animal and the efforts made to keep it alive. Location guides and activities at the resort educate parents and kids alike about the abundant vegetation and wildlife found on the property and throughout the reserve. As well as conservation, the resort also focuses its efforts on sustainability with solar panels heating the private pools. Reflective of the Bedouin way of life, the hotel's activities showcase the uniqueness of the destination, with families able to enjoy archery, nature walks, desert drives, wildlife safaris, falconry, horse riding, camel trekking and sundowners in the dunes.

### **THE WESTIN RESORT, COSTA NAVARINO**

Relax and recharge at the ultimate family resort located in the prime sustainable destination of the Mediterranean - Costa Navarino. The destination upholds the highest standards of environmental and social responsibility through all of its development stages, from construction to

its day-to-day operation, offering families a world of authentic experiences that respect the natural environment, the local community and the region's rich history and culture. The Westin Resort prides itself on energy and water conservation, as well as waste minimisation and environmentally responsible sourcing and purchasing. There is something for everyone in the family at The Westin Resort! For children, there's an on-site waterpark, bowling alley, kids club and water sports centre. For parents looking to unwind, Anazoe Spa is a unique wellness sanctuary onsite, with a full range of speciality spa treatments based on the health and beauty practices of ancient Greece, incorporating the region's exclusive natural and revitalising ingredients. The hotel has 445 sleek guestrooms and suites, of which 131 have private pools, feature terraces or balconies with sweeping views across the resort to the Ionian Sea - perfect for a relaxing school break.

### **BLUE PALACE ELOUNDA, A LUXURY COLLECTION RESORT, CRETE**

Blue Palace Elounda, a Luxury Collection



Resort, Crete prides itself on celebrating responsible travel by combining luxury with an authentic Greek experience. The resort's Phaea Farmers Program is designed to support employees, recognising that many work as farmers in the low season while sourcing the highest quality local produce for the resort. Through collaborations with agronomists, the farmers are trained in sustainable and organic farming methods and sustainable land use. The resort features 52 suites and four private villas, with 142 private pools for true tranquillity. The resort's restaurant, Anthós, delivers a refined approach to traditional Greek cuisine using seasonal ingredients sourced from its organic kitchen garden. Curated by the celebrated Greek chef Athinagoras Kostakos, families are invited to dine al fresco alongside the open-air kitchen and organic garden. Meanwhile, the Elounda Spa creates a perfect haven for wellness and relaxation, offering a selection of rejuvenating experiences, including sunrise yoga, therapeutic Thalassotherapy and outdoor massages by the sea. Perfect for families who want a rejuvenating Greek escape.

### **NORTH ISLAND, A LUXURY COLLECTION RESORT, SEYCHELLES**

Beachside luxury meets barefoot living at North Island, a Luxury Collection Resort. This resort boasts a pioneering conservation and rehabilitation program called Noah's Ark. Located among the inner granitic islands of Seychelles, North Island is a fertile paradise which has inspired the island's conservation efforts and philosophies, as well as the hotel's design. Just 11 ocean-view villas are hidden amid 201 hectares of exquisite natural beauty, each featuring private plunge pools and direct access to the beach. Families can spend time at the hotel's Environmental Centre, where the team educates parents and children on environmental awareness, allowing families to connect with nature and discover the island's natural beauty. North Island is a critically important nesting site for sea turtles, and every morning, dedicated on-site conservationists and volunteers search for nests and capture data. If you have active little ones in tow, you can explore more of the island with one of the hotel's many activities, including

scuba diving, snorkelling, paddle boarding, kayaking, cycling and guided walks. For wellness lovers, begin each day with a morning yoga class to revitalise the body and soul. Dining is personalised and unique, with daily menus designed according to the latest island harvest. The Piazza offers candlelit sophistication with the relaxing sound of the ocean, while the Sunset Beach Bar is the perfect sunset spot serving fresh pizza, salads and tapas-style barbecue snacks with cocktails. An ideal retreat for nature loving families!

### **JW MARRIOTT MAURITIUS RESORT**

Nestled along a white sandy beach of the famous Le Morne Peninsula of Mauritius, JW Marriott Mauritius Resort provides idyllic views over the lagoon with a breathtaking backdrop of Le Morne Brabant Mountain - a UNESCO World Heritage Site. The resort offers timeless luxury and a place where families can go to be mindful and present. JW Garden is a new signature element, implemented to focus on using sustainable practices, as well as encouraging guests to connect with nature. Herbs, vegetables, and other ingredients are grown in the garden and then used in crafted cocktails, nourishing meals or spa services. Parents are welcome to spend time in the garden with their little ones, gardening and learning about the unique health benefits of the various herbs. The resort's 172 rooms and suites are all within a stone's throw of the shore and have views of the Indian Ocean. From guided meditation classes to indulgent spa treatments, this resort creates an environment and set of experiences that impact not only the mind, body and spirit, but also the world around us.

### **COPENHAGEN MARRIOTT HOTEL, DENMARK**

With policies to foster diversity and inclusivity and a ground-breaking seawater cooling system to conserve energy use and reduce waste, a sustainable family break is guaranteed at Copenhagen Marriott Hotel. The Danish city of Copenhagen aims to become the world's first carbon-neutral capital in 2025, so it's a great place to visit for eco-conscious families. Overlooking the bustling harbour in downtown Copenhagen, the hotel is just a short distance from



attractions like Tivoli Gardens, Harbour Beach and Stroget Street. The 406 guestrooms and suites are the largest in the city and feature floor-to-ceiling windows with city or canal views. The delicious PIER 5 Bar & Restaurant has something for all the family, with a beautiful outdoor terrace to enjoy in the warmer months. Guests can also take time and revitalise at the waterfront wellness area with indulgent massages and face and body treatments, or let off some steam in the fitness centre.

In today's world, many families are more eco-conscious and community-conscious than ever before. Many parents want to take family breaks that minimise the impact on the environment while maximising the positive effect on local peoples, aiming to leave a place better than when it was found. This selection of intentionally positive hotels each make for an exciting family break, that allows your family to travel with purpose all around the world.



# A FAMILY WELLNESS JOURNEY AT ZULAL RESORT

*With school underway, it's a good time to plan a break that prioritises your family's wellness and gives everyone something relaxing to look forward to during the bustle of term time.*

Family holidays are a great opportunity to make beautiful memories with your little ones. There are many types of trips to take with kids in tow, from beachside hotels, city breaks or even activity based destinations. As we covered in last month's issue, 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. It has become clear that travellers' top priority this year is wellbeing and rejuvenation, which is a natural reaction to the stress we have collectively experienced over the last number of years with the Covid-19 pandemic. Generally, these types of breaks are considered a challenge for parents

to do alongside their children, even if a reset is exactly what you crave as a busy mother! Luckily, Zual Wellness Resort in Qatar is offering families a different kind of vacation with these needs in mind. As the Middle East's largest wellness resort, and the world's first to blend Traditional Arabic and Islamic Medicine (TAIM) with a holistic wellness approach, Zual is inviting families to embark on a wellbeing journey with family in mind, catered to the unique needs of all members.

## **FAMILY WELLNESS**

Zual Wellness Resort is located in Khasooma, a northern coastal village, one-hour drive from Doha, and aims to

bring visitors a luxurious experience of the highest international standards, balanced on a foundation of family values. Ideal for multigenerational travel, this family bonding retreat is suitable for guests of all ages, from little ones all the way to grandparents! The resort enables families to enjoy positive wellness experiences together, inspiring young children and their parents with fun, interactive activities that help them learn more about adopting a healthy lifestyle. The resort follows a "family wellness" philosophy which is based on the belief that a fulfilling family life and the ability to build meaningful relationships are hugely linked to the happiness of each family member. So, with this in mind, the retreat is filled with special practices and experiences aimed





at improving everybody's wellbeing. It is designed for families to grow their bonds while also nourishing and strengthening each person's state of mind.

## PERSONALISED TO YOU

Upon arrival at the resort, family members will participate in an initial consultation to develop a deeper understanding of their specific needs and requirements. Based on this consultation, you will then receive a personalised treatment itinerary, including a selection of holistic activities for parents and children to enjoy alone and as a group.

## Spa treatments

Zual Wellness Resort offers guests a variety of services and treatments based upon Islamic wellness principles and which use ingredients indigenous to the region. Families are invited to sit back, relax, and rejuvenate as they enjoy the selection of spa treatments available. Developed using Traditional Arabic and Islamic Medicine (TAIM), the Oriental Scalp Massage releases tension from the head, neck and shoulders by combining deep tissue massage and myofascial release techniques. You can also choose from one of Zual's signature aromatic oils, massaged into the temples for deep relaxation. Or for some quality time together, consider indulging in treatments from the collection of parent-child experiences, such as the signature tranquillity massage, youth foot massage, Himalayan foot soak and more.

## Traditional treatments

Thoughtfully designed for both parents and children, the Family Wellness Journey offers a wide selection of holistic treatments to promote relaxation and relieve symptoms of stress, focused on improving overall health and well-being. Known for their unique sounds and tones, Tibetan singing bowls are used to encourage deep relaxation and muscle regeneration, relieving joint, muscle and shoulder pain by improving circulation and releasing blockages to allow energy to flow freely throughout the body. Perfect for any busy mums looking to switch off and relax their mind, Tibetan singing bowls are one of the many practices available that ease mental and emotional stresses and work on resolving issues such as low self-esteem, fear, anger, anxiety, depression and insomnia through the unique sound vibrations. Additional treatments include Traditional Arabic and Islamic cupping, Abhyanga, Shiro-abhyanga and Reiki.

## Activity and inspiration

Centred around wellness and teaching children the value of a healthy and sustainable lifestyle, the program also incorporates fitness activities, including circuit training, Tai Chi sessions, swimming classes, low-impact aqua aerobics and more. These are designed to improve balance, agility and coordination, while teaching mindfulness tools and breathing practices

that can be used to improve everyday life for both parents and kids. Zual Discovery is centred around wellness for the whole family, teaching children the value of a healthy and sustainable lifestyle with age-appropriate activities. While younger children are encouraged to explore with nature-based outings and arts and crafts, older children can spend their time being active, with kayaking, dancing and personal training.

## A LONG-TERM APPROACH

With their holistic approach, Zual Wellness Resort specialists aim to spread the culture of wellness, focusing on prevention over cure and longer-term solutions over short-term fixes. As part of Zual Wellness Resort's family bonding program, consultants will provide families and individuals with the necessary tools and advice to take home and work into their everyday life to boost their wellbeing on a daily basis.

The retreat offers you and your loved ones a safe space to explore their internal wellbeing while also bonding as a family. With activity, dietary and treatment programmes specially tailored to each member, a trip like this sets your family up to return from Zual fitter, mentally stronger, closer and more emotionally fulfilled.

For more information, please visit <https://www.zual.com/>.



# GOOD LIVING



This month we check out how to get luscious locks; easy travel skincare and competitions you won't want to miss!



Here, Ella Ryan takes us through her October picks for healthy hair care and making sure you always have that on-the-go glow.



## HEALTHY HAIR 101

If you're anything like me, you'll know that the sun and heat of the last few months can take a toll on our tresses. UV rays from the sun are often talked about in regards to skin health but what about our hair? These rays actually dry out our locks and roughen our cuticles, while the extra humidity often leaves our manes thirsty and looking frizzy. Other elements that go hand in hand with the heat, such as salt water and chlorine, will also affect your hair, possibly making it look and feel dull.

The good news is that with a little extra TLC, you can say goodbye to bad hair days this month. Beauty retailer, Watsons, has rounded up a fool-proof haircare routine to combat the damage done by the summer months - and they have plenty of products to match your needs!

## OIL IS ESSENTIAL

My mother always oiled my hair growing up and it's been a staple of my haircare ever since! Oiling is necessary to provide the scalp and tresses with much-needed moisture. This simple step in your regime can transform the health of your hair when done consistently, as natural oils provide hair with essential minerals, vitamins and fatty acids that strengthen your roots and boost the overall health of your hair.

## PICK THE RIGHT SHAMPOO

It is important to select shampoos that are right for your hair and scalp type, whether that be dry, clarifying, volume boosting etc. Don't forget to check the ingredients and look for natural shampoos without harmful chemicals, such as sulphates and parabens, in their formulations. These can dry out hair even further and wreak havoc on curls and waves! Opt for vegan and sulphate-free shampoos where possible to give your locks the nourishment they deserve.

## KEEP THINGS SILKY

Conditioning is the answer to shiny and beautiful hair. Conditioners aim to repair hair that is damaged. They help improve the appearance of our locks and also work well to detangle, increase shine, reduce frizz and make everything feel silky smooth!

After shampooing, apply a generous amount of conditioner on the mid-to-ends of your hair and leave it in for a few minutes before combing out and rinsing. If you have curlier hair like me, don't be afraid to leave the conditioner in for longer for a truly deep conditioning.

## USE LESS HEAT

Excessive heat styling can take a toll on the hair, especially if it's already weakened from lack of moisture and dehydration. If you must use a styling tool, it's so much better to use a protective thermal spray or serum before you begin. These coat each strand, protecting them from the heat, while also working to tame frizz. A win-win!

**All products are available in stores or online at [www.watsons.ae](http://www.watsons.ae)**





## REFRESH, RENEW AND REPEAT WITH NUDESKIN'S MINI SET

I want to introduce you to a beauty brand that I really admire, that I think is a great fit for any woman who wants a “natural-but-better” look. That brand is NUDESTIX, the brainchild of sisters Ally and Taylor Frankel, who love all-out natural makeup, preferring that barely-there look with a touch of colour to accentuate their finest features. Since many current makeup brands and collections simply don’t appeal to their no-nonsense attitude, they created NUDESTIX. This brand believes that your natural skin should thrive, and that you only need to cover here and there to get that perfect, “go nude but better” look, which is an attitude that I really love to see.

They have since created a skincare line called NUDESKIN with the NUDESTIX philosophy in mind - simplistic, natural beauty for every skin type. Their goal is to make simple but highly effective products for an easy skincare routine that makes your skin look and feel better, both long term and on a day-to-day basis.

### ON-THE-GO GLOW

NUDESKIN have recently launched 3-Step Citrus Renew Set, a travel-size collection that has your three main skincare essentials wherever you go. You can cleanse, exfoliate and hydrate the skin within minutes, feeling refreshed and rejuvenated throughout the day

Co-developed with Beverley Hills Dermatologist, Dr. Jason Emer, the skincare regimen is powered by citrus-based, naturally good-for-you ingredients that renew skin daily. Created for all skin types, the products are packed with simple, multi-tasking,

vegan-powered ingredients to give you a refreshed and glowing complexion. Let's take a look at what the set contains!

#### Citrus Clean Balm & Makeup Melt

A vegan, citrus-infused, aromatherapy cleansing balm multitasks to banish all traces of makeup while cleansing your skin, leaving it feeling bright, fresh and soft. All of this, and it contains vegan natural extracts in a handy, no-mess tube.

#### Lemon-Aid Detox & Glow Micro-Peel

A skin clarifying chemical peel that detoxifies your pores of excess oil, dirt and pollution. It's powered by the enzymatic peeling action of papain as well as the cell renewal action of apple and pomegranate extracts. Added Vitamin C lends this peel a powerful antioxidant effect and boosts your skin's collagen production while Lemon Peel Oil brightens the skin for a radiant glow.

#### Citrus C Mask & Daily Moisturiser

A light layer in the morning provides you with all-day hydration and preps your face for makeup, doubling as a moisturising primer. At night, lather it on as a sleeping mask and relax into dreams while the natural skin softeners work their nocturnal magic. Your skin will love this hydration wonder so much, you might not ever want to be without it.

All in all, a very impressive travel kit that will keep your skin happy and beautiful, no matter where in the world you are!

**Available at Sephora stores and online, the Nudeskin 3-Step Citrus Renew Set retails at AED 110.**



# COMPETITIONS

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

## WIN! TWO ANNUAL MEMBERSHIPS FROM SUPPERCLUB, WORTH AED550

For those of you who enjoy a good five star experience and enjoy sharing it with your loved ones, SupperClub is here to give you a helping hand. SupperClub is a membership platform that gives you exclusive and discreet discounts at the best 5 star hotels and restaurants in the UAE. With over 150 offers and 30 participating hotels, primarily focused in Dubai and Abu Dhabi, there really is something for everyone to treat themselves to. SupperClub is offering two lucky winners the chance to win a prize of an annual membership worth AED275. All you then need to do is use the code found on the voucher and you instantly have access to all of their amazing restaurants, spas, brunches, afternoon teas and beach club access - plus the amazing discounts they offer!



## WIN! A BUNDLE OF FAMILY FUN FROM KIDS LOVE MONSTERS, WORTH OVER AED600

The Kids Love Monsters games and toys are based on a revolutionary learning style, which is founded on the most recent studies in child psychology and the philosophy of the mind. The Kids Love Monsters games and toys are aimed at preschool and school-aged children, as well as childhood professionals. They are also for attentive parents who want something more from an educational game - all available at Twins Plus Arabia. This bundle includes Mucus Monster, Chemical Monster, Crystal Monsters, Growing Little Monsters and The Haunted Castle Board Game.

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

## WIN! A NEWBORN GIFT HAMPER INCLUDING BIO-OIL GOODIES, WORTH AED650

The perfect hamper for anyone who is expecting - full of pregnancy essentials. The hamper includes a plush pregnancy pillow, multiple baby grows, a multi-use nappy bag, a book on pregnancy tips and the world's leading stretch mark and scar product - Bio-Oil. Bio-Oil is the number one best-selling scar and stretch mark product in over 25 countries and was developed more than 30 years ago. Following multiple clinical trials proving its efficacy, Bio-Oil has four star products - Bio-Oil Skin Care Oil, Bio-Oil Dry Skin Gel, Bio-Oil Skincare Oil (Natural) and Bio-Oil Body Lotion. The Bio-Oil Skincare Oil and Bio-Oil Skincare Oil (Natural) have proven to help towards improving the visibility of stretch marks, scars and uneven skin tone. The Skincare Oils are loved and used by many women during and post-pregnancy to help reduce the visibility of stretch marks.



## WIN! A HOLISTIC EXPERIENCE WITH MAISON SANTE, WORTH AED1500



Blending Eastern and Western medical knowledge, Maison Santé is your new home for regeneration, balance and growth of body and mind. Maison Santé connects you to an ecosystem of experts in preventive medicine, traditional Chinese medicine, physiotherapy and psychology. The tranquil and aesthetically pleasing clinic, on the 2nd floor of Meyan Mall on Al Thanya Street, redefines the philosophy of holistic wellness. WIN a Holistic Wellness Experience with Maison Santé Clinic worth AED 1500, which includes a wellness assessment, body composition analysis, a personalised treatment tailored to you, expert lifestyle advice and a bag of healthy goodies from the Maison Santé lounge.

## WIN! A FREE 1 MONTH MEMBERSHIP AT BOXICA, WORTH AED500



Want to get fit, try a new hobby or burn off some much-needed energy - Boxica has you covered! Located in Studio City, Boxica will be celebrating their 2nd birthday this month and the community gym has come a long way in two years! Get involved and

take part in all the birthday fun. There are also new classes on the weekly timetable including Muay Thai and a variety of classes for kids and teens - perfect for busy mums who want to work out at the same time as their little ones!

## WIN! A VOUCHER FOR YOUR NEXT COSMETIC TREATMENT BOOKED ON SELFLOGI.COM, WORTH AED500



Looking for body shaping solutions, laser treatments, or ways to tackle signs of ageing? Choose from hundreds of the region's best cosmetic clinics, treatments, and practitioners at selfologi.com - the booking site for cosmetic treatments. A definitive guide to cosmetic treatments in the region, where you can discover a collection of tips, trends and inspiration. You will find everything, from advice on skincare and self-care, to the ins and outs of procedures from the people who've experienced them first-hand. Selfologi.com is a place for you to book consultations and treatments directly, compare practitioners, clinics and treatments, while benefitting from the user-generated ratings and reviews.





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