ISSUE 137 | NOVEMBER 2022 | DHS15

**Other** 

DEALING WITH DYSCALCULIA

HOW ORGANIC FOOD CAN HELP YOUR FAMILY

THE BEST WINTER DESTINATIONS OF 2022

TEACHING TEENAGERS ABOUT TRUST

LIVING WITH LACTOSE INTOLERANCE

# AN INSIDE LOOK AT DURHAM SCHOOLI



Baby& Child INDUSTRY AWARDS 2022 SPECIAL ANNOUNCEMENT: Nominate Your Favourite Brands!



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## EDITOR'S LETTER

#### Hello Mum!

I'm Ella Ryan and I'm honoured to serve you as the new Editor of Mother, Baby & Child. While you'll still meet Kay in her other work for the magazine, I'm excited to now be spearheading our support for this wonderful community of mums with great content to help your parenting journey.



In this issue, you'll find an interesting piece on page 20, all about how organic food can help your family, your health and the planet - without costing a fortune! I had the pleasure of interviewing Mark Atkins, principal of Durham school, for this issue. We take an inside look on page 36 at what makes a good education, what challenges students face today and how to keep kids motivated in the classroom.

Don't forget to nominate your favourite brands this month for The Mother Baby & Child Awards. Visit www.motherbabychild.com/awards/2022 and go to the 'nominations' tab to show your appreciation for the star products, companies and institutions that you can't live without - while also being in with a chance to win some exciting reader's prizes.

November is the month where the Dubai Fitness Challenge gets into full swing, so make sure to check out our article on page 22 for some quirky walks to help you get your steps in, as you boost your energy and become a little fitter! The challenge is a really fantastic antidote to the colder months that will invigorate your mind and body, while being a natural opportunity to spend quality time with your little ones.

On page 32, we delve into how best to foster a love of reading in your child, a habit that positively influences their wellbeing and their school grades. There is also a very important event happening this month - the F.A.M.E Talent Show for people of determination, which I talk about on page 10.

With the weather cooling down, I've been thinking about taking a winter break. With families in mind, we dive into the best destinations for this end of the year on page 42, to inspire your next adventure. Whether you're dreaming of beautiful temples, lush green forests, glacial lakes, incredible architecture, relaxing retreats or an icy winter wonderland, these destinations will bring your family the opportunity to create some happy winter memories together.

Lastly, I've picked out my favourite beauty products for you this month on page 44, including conscious beauty products that keep your skin happy, and eyelash and brow serums that truly work.

I'll leave it up to you to discover this issue, including the amazing competitions on offer this month. Lot's of good luck to you!

Happy reading!

Ella

Editor Mother, Baby & Child Magazine

### EDITOR'S —PICK—

### TALK ABOUT STRESS WITH CHILDREN THROUGH STORIES

This month I wanted to highlight a new children's book entitled Kameel & Friends: The Big Win. It follows the adventures of a camel named Kameel and his animal friends as they navigate different emotions and personal challenges. Drawing on themes such as friendship and kindness, it emphasises that winning isn't always about coming first.

"I wanted to write a story that helps parents and children have conversations about pressure, stress, anxiety and even burn out, in a way that is simple for kids to understand" says author, Hassan Al Marashi, adding "children face a lot of pressure, from school or at home, but don't always know how to express what they're feeling. I hope 'Kameel & Friends: The Big Win' will encourage parents and teachers to explore ways in which they can help children navigate the stressful phases in life."

Kameel & Friends: The Big Win is available online at shop.askexplorer.com or at any major bookstore countrywide.

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Nominate Your Most Loved Brands!

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## ZIPPY.

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## — EDITOR'S PICK — KEEP KIDS FUN, PLAYFUL AND COSY WITH CHEEKEE MUNKEE

With the weather taking a cooler turn, it's the perfect time to talk about Cheekee Munkee, a fun and trendy kid's fashion brand based in the region. The brand creates playful, comfy and responsible children's fashion that lets kids be themselves. It offers great quality with great value, while being responsibly sourced for the planet - good for conscious mums!

Cheekee Munkee has launched its Autumn Winter collection, with a mission to 'let kids be kids', aiming to stay true to a child's joyful nature while also being stylish and snug - and all at amazing prices! Whether it is for a play in the park, fun school days or even an action-packed holiday, the Cheekee Munkee AW range captures the essence of playfulness that is so important to little ones. Available from newborn to 7 years of age, the collection is all about fresh designs in vivid colours and gentle fabrics. From lovely wardrobe staples such as frilly jumpsuits and whimsical dresses, to elevated basics like comfy tees, shorts and sweatshirts in vibrant hues, the collections and pieces make for easy changing at home or out and about - and I know that's important for mums with their hands full!

Shop this collection at Mothercare and Debenhams stores and online, as well as Namshi online.



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40



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## THINGS TO DO



Revitalising morning wellness sessions; kids' sailing; an exciting F.A.M.E talent show and more!



### START YOUR MORNINGS RIGHT AT THE CLUB'S SĀN BEACH THIS SEASON

Supercharge your morning routine with new well-being sessions and healthy breakfasts during the week at The Club at Palm West Beach on Palm Jumeirah until the end of December.

Taking place every week from Monday to Wednesday from 8am to 9am, SĀN Beach, the immaculate and vibrant beach club that features a Mediterranean-inspired menu, connected pools and exclusive access to a serene private beach, will host a variety of wellness sessions in the restorative energy of the morning sun. The weekly 45-minute sessions start at AED 200 and can be reserved directly online.

Visitors will receive cashback on their booking to refuel with a delicious and wholesome breakfast at SĀN Beach's restaurant after their workout. They can also opt to dip their toes in the pool, unwind on private sofas and floating sunbeds or book a luxurious cabana to start the day on a high note.

Location: The Club, Palm West Beach, Palm Jumeirah

Dates: Until 31st December

Time: Mondays and Wednesdays, 8am - 9am



### INSPIRE PROGRAM IS COMING TO DUBAI

SailGP's dedicated community outreach youth program, Inspire, is coming to the UAE for the first time as part of the Dubai Sail Grand Prix, presented by P&O Marinas. Having reached over 10,000 young minds since its inception, the Inspire program will see more than 500 students, aged between 9-15, participate in both on-shore and water-based learning activities - designed to captivate and educate kids across STEM Education modules.

Giving youngsters the chance to learn from SailGP's aweinspiring athletes and educating them on the sustainable side of watersports, the program has been specifically developed to embody SailGP's core principle of being powered by nature and will engage students in activities which are linked to wind, water, sun and earth.

From 9-13 November, The WASZP Training Clinics will give more than 30 youth sailors the opportunity to try foiling and learn how to fly for the first time, testing their skills at high-performance sailing alongside professional coaches.

For more information, please visit www.sailgp.com/dubai.

### TRADITIONAL NEAPOLITAN PIZZA AT MONNO RISTORANTE

If you enjoy your pizza prepared in true Neapolitan style, look no further than the artisanal Italian eatery Monno Ristorante in Jumeirah, where handmade pizzas are prepared from recipes passed down through generations, to ensure authentic taste and texture in every slice.

Monno's pizzas are made using only fresh and natural ingredients imported from Italy each week to bring you on a nostalgic journey of the country's most cherished culinary traditions. From the pizza dough to the tomato sauce, everything is made in-house at Monno with different options available throughout the year in keeping with the seasonality of produce.

Indulge yourself in this wholesome and authentic Italian experience, in a charming, casual and rustic space, perfect for the whole family!

Location: 304 Al Wasl Road, Jumeirah 1, Dubai

Time: 12pm - 12am

For reservations, please call 04-3322255, e-mail info@monno.ae or visit www.monno.ae for more information.







## F.A.M.E IS COMING TO TOWN

F.A.M.E, the UAE's biggest inclusive talent performance by people of determination, will be returning to Dubai this month.

TDubai's eagerly-anticipated annual F.A.M.E show is ready to wow audiences at the Dubai World Trade Centre on Saturday 19 November, at 7pm. Now in its seventh year, F.A.M.E, which stands for fashion, art, music and entertainment, provides a platform for young people with special educational needs to showcase their talent.

#### HOW F.A.M.E CAME TO BE

F.A.M.E was developed by Rosy Ahmed, whose daughter Hana (26) has Down Syndrome. A loving mother to a special child, Rosy founded F.A.M.E back in 2016 and has successfully built a close-knit community in the UAE and UK who support her vision of providing opportunities to all individuals. She is a passionate advocate for diversity, inclusion and integration and continues to challenge the constraints of labels and social stigmas attached to people of determination. Ahmed, who has first-hand knowledge of the challenges this community faces in their day-to-day lives, created F.A.M.E as a free, fun-filled event for everyone and a powerful catalyst to encourage integration and inclusion within the wider community. The show has been crafted to ensure each individual gets sufficient support, access and time to display their love for the arts, while inspiring others to explore their potential.

#### WHAT DOES THE SHOW INVOLVE?

With over 40 participants (ranging from six to 35 years old), the two-hour extravaganza includes a variety of musical acts, a fashion show, plus drama and dance performances. The event



#### will begin with a dramatic piece written by the show's creators which focuses on the devastating effects of bullying. It also highlights the specific challenges that people of determination face, and their strength and resilience. The evening culminates in a fashion show with designs from renowned international fashion designer Rina Dhaka - referred to by the BBC as the 'Jean-Paul Gaultier of the East'.

#### The Talent Hub

Inspired by the show's continued success, Rosy launched The Talent Hub in 2022, a weekly youth club for people with special educational needs to learn talents such as art, music, dancing, and singing in a fun and sociable setting.

Rosy Ahmed says "we recognised that there were more opportunities to expand the concept and create an impact, so we opened our new Talent Hub with the support of StepUp Academy. The hub offers a relaxed and fun atmosphere, where students actively engage in activities they enjoy. It's also a place to socialise and make new friends."

#### Walk for Awareness

2022 also saw the launch of Walk for Awareness, a community event to recognise World Down Syndrome Day and Autism Awareness Day. The walk was followed by a picnic in the park

and live performances from F.A.M.E show participants.



#### AN INCLUSIVE MISSION

Rosy Ahmed, founder and organiser of F.A.M.E and the CEO of Purple Vogue Events says, "our mission is to provide a creative, engaging, and safe space for participants to develop their skills and feel confident. Inclusion is absolutely crucial; we want to promote better integration into the community, enabling people of determination to participate in all spheres of life. We've been doing annual shows since 2016 and it's been wonderful to see the number of performers and audience members grow over the years.

#### NOMINATIONS AND SPONSORS

In 2021, F.A.M.E 2019 was nominated and won an audience choice award at the Toronto Lift-Off Film Festival. This year, F.A.M.E is pleased to announce Gulf Islamic Investments as the title sponsor for the event, as part of their annual CSR program. This year's production is mainly curated by the creators of F.A.M.E and supported by StepUp Academy.

Please visit the F.A.M.E website for more information at www.pvedubai.com/fame and register for tickets via eventbrite.com.

Location: Dubai World Trade Centre

Date: November 19th Time: 7pm

Tickets: Available at eventbrite.com

#### WHAT F.A.M.E. GIVES TO PERFORMERS

Rosy's daughter and F.A.M.E performer, Hana is the inspiration behind F.A.M.E and a friendly supporter of all special F.A.M.E stars. Her love for fashion and dance, and passion for art has been the foundation of building the annual showcase for the past 6 years. Hana says: "I love F.A.M.E! It's a fun place where I meet my friends. I learn new skills and I'm excited and happy to perform with my friends on stage. I love dancing and modelling."

#### EVENTS INSPIRED BY F.A.M.E.

F.A.M.E has been such a runaway success that it has been the inspiration for other events that raise awareness and provide resources for people of determination.

## WELLBEING



The struggle of lactose intolerance; the importance of organic food; keeping non-competitive kids active...and more!



## THE BENEFITS OF DRIED FRUITS AND NUTS FOR KIDS

We look at the nutritional power of dried fruits and nuts as the perfect child-friendly snack.



Have you ever considered dates and nuts as an easy, tasty snack for your little ones? Well, those superfoods are a great source of nutrients, vitamins, minerals, dietary fibre, and are a really ideal substitute for high-calorie sweet treats that children usually love.

World-renowned gourmet date connoisseur, Bateel offers a wide range of dates stuffed with a variety of nuts and dried fruits that are perfect for children's healthy snacking. From caramelised hazelnuts to roasted almonds, there is something to suit every palate and preference.

#### BENEFITS OF DRIED FRUITS AND NUTS

While dates, nuts and other dried fruit might seem small, they are nutritionally mighty! For their size, these snack foods are superfoods that will support your child's growing body, while satisfying their sweet tooth - a win-win for parents!

#### **Immune System Boosters**

Dried fruits and nuts are a good source of plant compounds that act as powerful antioxidants in our bodies. These compounds provide a boost to the immune system, allowing your little one's body to fight infections and viruses more effectively. Antioxidants found in nuts such as walnuts and almonds may also protect their cells from damage caused by free radicals.

### Natural substitute to artificial sugar

Packed with fibre, potassium and a host of other health-promoting nutrients, dates and

many other dried fruits help balance out sugar by slowing down absorption and lowering the impact of sugary carbohydrates on your child's blood sugar levels. This avoids a sugar high and the subsequent sugar crash that follows, which is often a feature of processed sweet treats. It also means that the natural sugars in dried fruit won't affect your child's ability to concentrate or sleep, as is a common side effect of chocolate and other sugary snacks.

#### **Healthy bones**

As dried fruits are rich in magnesium, calcium, and other micronutrients, they have a positive impact on bones and help strengthen them. Dried dates, apricots, figs and prunes are an excellent source of calcium.

#### Aids weight loss

When eaten in moderation, some dried fruits and nuts may help regulate weight. Studies indicate that the body does not absorb all the calories in nuts such as almonds, walnuts, pistachios and cashews, allowing the maintenance of a fit body without weight gain. Dried raisins, apricots and dates are also good for this in moderation. This is useful for any children who struggle with their weight but still want delicious sweet snacks.

### WHAT'S SO GOOD ABOUT DATES?

Rich in nutrients and antioxidants, dates offer a host of nutritional benefits for your child. Internationally acclaimed for their health benefits as a superfood, dates are a brilliant source of energy for busy kids. Bateel is a brand that sells a variety of dates, some stuffed with other dried fruit or nuts and is renowned for being the world's only gourmet date grower, producer and seller. Their dates are grown using traditional farming methods and sustainable practices, retaining natural flavours as well as healthy nutrients. Full of fibre, natural sugars, potassium, calcium, iron and magnesium, you can give your children organic dates as the perfect nourishing treat that also satisfies their sweet tooth!



## LIVING WITH LACTOSE INTOLERANCE

We explore what life is like with lactose intolerance and how the new range from Al Ain Farms could help adults and children alike who suffer from this condition. Lactose intolerance is the inability to properly digest the sugar (lactose) found in cow's milk and all other dairy products made from cow's milk. It is caused by producing too little of an enzyme called lactase in the small intestine. Some people will have lower than usual amounts of lactase but still be able to digest a certain amount of dairy without problems. However, once this tolerance limit is reached during a meal, you may begin to struggle to digest dairy. This results in a variety of symptoms that begin normally between half an hour and two hours after eating foods containing lactose. These symptoms can commonly include:

- Diarrhoea
- · Nausea and sometimes vomiting
- · Stomach cramps
- Bloating
- Gas

In most cases, people who become lactose intolerant begin life making enough lactase naturally. Infants, who rely fully on milk for all their nutrition, need lactase. As little ones grow and start substituting milk with various foods, the level of lactase they create falls, but usually stays at a high enough level to digest the dairy products often found in an average adult diet. However, for most people with lactose intolerance, their lactase production lowers dramatically by their early twenties, making it very challenging to digest milk products.

#### **Secondary Lactose Intolerance**

Sometimes, an injury to the small intestine can lead to the development of lactose intolerance. This can be in the form of a physical injury, illness or certain types of surgery. Conditions that have been linked to secondary lactose intolerance include digestive disorders like Crohn's disease, celiac disease, overgrowth of harmful bacteria in the gut and some internal gut infections. It's also possible to be born with lactose intolerance, although this is rare and is generally prevalent within the family already.

#### WHAT ARE THE RISK FACTORS?

There are a handful of factors which predispose a person to becoming lactose intolerant, more than the rest of the population. Although it is good to note that not everyone in these groups will have this intolerance. These factors include:



- Age: it is less common in babies and children
- Ethnicity: people of African, Asian, Hispanic and American Indian descent are more at risk
- Premature birth: the small intestine develops its lactase-producing cells in the third trimester, meaning babies born early are at risk for this intolerance
- Illness and disease affecting the small intestine
- Certain cancer treatments for the stomach or intestines

### LACTOSE INTOLERANCE IN THE UAE

Al Ain Farm commissioned a survey investigating lactose intolerance for the launch of their new Lacto Free Dairy range. They made some surprising discoveries about lactose-intolerant living in the UAE. These findings include the fact that:

- Most people discover they are lactose intolerant in their early twenties
- Moving to a lactose-free diet improves quality of life - with better sleep and more energy
- There is a high demand for more lactosefree products - with nearly a third of people in UAE demanding more options

- The average UAE resident has at least two friends with lactose intolerance
- People generally want better guidance and education around lactose intolerance

#### PEOPLE WANT MORE OPTIONS

Data gathered by Al Ain Farms shows a high demand for lactose-free options in the UAE. Its study of more than 1,000 people across the UAE also revealed that people are being diagnosed as lactose intolerant relatively early on in their lives and want more options available in hospitality venues and supermarkets.

#### Why options are necessary

Unfortunately, there's no cure for lactose intolerance and it can negatively impact daily life in a whole host of ways for those that suffer with this intolerance. Lactose-intolerant people have to think carefully about where they eat out, as well as choosing what to eat and drink at home.

#### **Negative effects**

Nardeen Turjman, Clinical Psychologist at the German Neuroscience Center, adds that "studies show us that food intolerances may affect almost any system in the body.



Individuals with food intolerances commonly report its effect on mood, thoughts and energy levels. If not treated and managed properly, it will most likely result in lower physical functioning and play a role in social limitations and daily activities."

#### Lactose-free dairy products

Saja El Masri, a registered dietician at Novomed, says "The number of people who have intolerances is getting higher and higher. We recommend our patients shift to lactose-free milks and cheese or other alternatives. As lactose intolerance is becoming so common, having lactose free options is very important so that everyone can have options and still maintain good gut health."

#### The taste of real dairy

On a much smaller level, it can be difficult for people, especially kids, to give up the milk they are so used to when they are diagnosed with an intolerance. Al Ain Farms understands that people with lactose intolerance should still be able to enjoy the taste of delicious milk and live life to the fullest. The new range allows you to keep the nutritional and taste benefits of dairy, without the discomfort associated with lactose intolerance. The new Al Ain Farms Lacto Free Dairy range promises the same great taste as the regular range so lactose intolerant adults and children don't have to compromise on taste. The range includes fresh milk, long life milk, fresh voghurt, and laban - all full fat, which is more nutritionally dense and is recommended for kids.

#### WHAT IS LIFE LIKE WHEN YOU'RE LACTOSE INTOLERANT?

As part of the launch of the Lacto Free Dairy range, Al Ain Farms wanted to know what life is really like being lactose intolerant. The brand commissioned research to understand the lives of those with lactose intolerance. The realities of lactosefree living in the UAE are surprising. Here are some of the effects.

### Worry around eating with others

Nearly half of young people with lactose-intolerant symptoms worry about eating with friends and family as the symptoms can be debilitating. The most reported symptoms include stomach rumbling, a bloated stomach or stomach cramps - with women more likely to experience this than men.

The worry about consuming dairy products has an impact on daily life, with almost half of 25 to 34 year olds feeling concern around enjoying meals with friends and family. What's more, 31% are having to spend more money on lactose-free alternatives, which aren't always readily available.

### Intolerance comes to light early in life

Most people discover they are lactose intolerant in their early twenties. Lactose intolerance isn't always something that shows up in childhood, although it can do and so it's a good idea to observe your child's reactions to dairy products. Most people discover they are lactose intolerant as young adults, around the age of 23.

In the survey, a small percentage of people (15%) realised they were lactose intolerant after 2-3 weeks of experiencing symptoms, 13% after one week, and 13% after 2-3 months. On average, women found out earlier than men (22 years old and 24 years old respectively).

The survey found that on the whole, the younger people are, the more quickly they are diagnosed after initially experiencing symptoms. Older people often took longer to realise - on average over four months after first noticing their symptoms.

### The impact on sleep and digestion

Nearly half of people sleep better after changing to a lactose-free diet. It can be difficult to live with any allergy or intolerance. Identifying lactose intolerance and making changes to diet has a vast improvement on quality of life for many people. Almost half of people report that they have better sleep and a better digestive system after switching their diet. Men appear to notice a greater impact on sleep than women, but only by a small number, while women tend to feel improvements in bloating compared to men.

#### Brands need to be more aware

One-third of people think food brands don't cater well enough for lactose intolerance. Many people know at least one person who is lactose intolerant and how it can affect their lives in a variety of ways, including where they are able to dine out. This can present social obstacles and awkwardness which can negatively affect people's self-confidence.



Almost one-third of people think food brands don't cater well enough for lactose intolerance, which suggests a high demand for more options at supermarkets and convenience stores.

There is also a demand for better labelling - the majority of everyone surveyed believe lactose information should be more abundant on product packaging. Many people also want more guidance from healthcare professionals and better education around the issue.

### Lactose-free milk is in demand

When asked which lactose-free alternatives they prefer, the most popular was almond milk, closely followed by lactose-free dairy milk. Nearly half of respondents said they would drink lactose-free milk if they had more information about the benefits and if it was clearly labelled. Women in particular want lactosefree milk in retail settings, such as supermarkets and other shops.

#### AL AIN FARMS' NEW LACTO FREE DAIRY RANGE

Al Ain Farms are leading the way in lactose free options in the UAE. The new Lacto Free range has been created with the growing lactose-free community in mind, providing the same great taste as the original range but without the lactose.

Al Ain Farms' Lacto Free range includes four products:

- Full Fat Fresh Milk 1L
- Full Fat Long life Milk 1L

- Full Fat Fresh Yoghurt 400g
- Full Fat Laban 400g

Hassan Safi, Al Ain Farms CEO, said: "At Al Ain Farms, we're proud to have supplied the UAE with fresh products, made locally with love for over 40 years. Our new Lacto Free Dairy range champions our mission to make the great taste of dairy available to all consumers, without compromise. That's why our new lactose-free recipes have been tried and tested to ensure the superior taste and quality standards we are known for."

As more products, such as this range, become available, people living with this intolerance in the UAE should see a great improvement to their options and therefore their quality of living. If you suspect you, your child or your teen may be suffering from this issue, be sure to visit your doctor for advice.

## FITNESS FOR MUMS WITH IT'S SO SIMPLE

Coach Rachael Sacerdoti talks about why November is the right time to get active and how her online coaching platform, It's So Simple, could help busy mums get fitter.



If you've found it difficult to stick to a fitness program over the summer, you're not alone! There are so many reasons why the summer can send mums out of routine. Kids are home for the school holidays, meaning the house is always busy! There are family visits to fit in, work commitments to follow through on, more socialising and events than any other time of year, along with summer trips and family vacations. These are factors for everyone, but none more so than mothers. Being a parent at one of the most jam-packed times of year can leave you falling behind on your own self-care routines, including health and exercise. It's completely understandable if vou've reached the end of summer less fit than you were in May. However, according to fitness coach Rachael Sacerdoti, November is a great month to set new goals and reset your nutrition and fitness regimes. Unlike January, where there can be pressure to stick to a New Year's resolution, you can quietly get to work at your own pace.

#### THE POWER OF YOUR MIND

Coach Rachael, who was born to an Iraqi family and now resides in the UK, founded her business, It's So Simple, following her own transformation in 2019. It's So Simple is an online programme for the mind and the body. After losing 30 kilograms and with a stronger body to be grateful for, Rachael observed that the single most valuable change she gained during her transformation was the strength of her mind. She realised what an important and impactful role the mind has over our bodies and therefore, the goals we want to achieve, and how many fitness programs only focus on the physical aspects of getting fit.

#### **Empowering others**

Rachael, who has a degree in Psychology and is a qualified personal trainer, set about designing a transformation programme that combines the lessons she has learned and the knowledge she has gained from her own fitness and weight loss journey. She now helps to empower thousands of mums and other women all over the world.

#### **HELPFUL TIPS**

To take back control after a busy summer, Rachael encourages her clients, many of whom are mums based in the UAE, to bear in mind this advice:

#### Set an alarm

This alarm isn't to wake you up, but instead it serves as a reminder to get active and block out the next section of the day to commit to exercising. You can choose when suits you best to set your exercise alarm. Some mums prefer to get active before the kids wake up, early in the morning and others prefer to fit it in while children are at school or on their way to bed.

#### Stay hydrated

Fill up a 2 litre bottle of water first thing in the morning and sip it



throughout the day to help keep you hydrated and alert. It can be easy to forget to drink enough water but keeping a bottle with you all day will renew your commitment.

#### Plan your meals ahead

Planning meals ahead of time is a really handy way of keeping yourself eating well. Some mums like to schedule their meals on a Sunday, ahead of the week, while others do it each day, simply for breakfast, lunch and dinner on that day. The more you get into this habit, the less likely you are to give in to temptation, especially when hungry. Besides, planning meals also helps you keep on track with your food intake.

#### Kindness

Whether it's better sleep, better health, or better fitness, think about your short term as well as your long-term goals. Avoid criticism of the things you haven't done and instead focus on the healthy things you will do! Change your mindset and say the positive points first, always. This serves to motivate you and keep you moving forward, even when you slip up.

#### **IT'S SO SIMPLE**

Suitable for women of every age, size, and ability, It's So Simple focuses on helping mums become better, healthier versions of themselves, inside and out. Offering lifechanging results with its unique method, the programme is structured upon three pillars; fitness, nutrition, and most importantly accountability. Combining fitness and nutrition, the programme can help mums establish a sustainable way of living, eating and exercising, which makes it easier to stick to a healthy lifestyle, implement changes and allows you to keep your results.

#### Accountability and support

With a unique accountability system at its heart, It's So Simple encourages mums to take positive control of their choices, with a programme that works on both the body and mind in partnership. Developing a roadmap for individual goals and how to achieve them, each client receives a combination of recipes, exercise regimes, personal support and a group dynamic. It's a simple way to help each person take ownership of their own journey and change their mindset.

#### A safe space

Providing a safe space for mums to share their journey and support each other along the way, the It's So Simple programme has a strong sense of community. You are assigned to a small group with a dedicated coach where you are free to discuss goals, recipes, progress and absolutely everything in-between. Rather like an honest forum, this supportive network gives space for development and growth, while empowering and educating, giving each woman the knowledge to establish lifelong habitual change.

Ideal for anyone who is looking to create healthy, mindful habits when it comes to their mind and body, It's So Simple positively changes the way you approach fitness, nutrition, and wellness. This is perfect for busy mums who might benefit from the extra support and community approach. With a multitude of coaches available, all of whom have been through their own transformation journey, alongside weekly workouts and recipes on the brand's Instagram channel, this could be a simple way to live a healthier, more fulfilling life for mums all around the UAE.



## HOW ORGANIC FOOD CAN HELP YOUR FAMILY

We talk with the supermarket chain Organic Foods & Café all about organic eating and the benefits for you and your little ones.



Celebrated for championing organic and healthy living in the UAE, Organic Foods & Café (OFC) started in 2005 with a love of food that's good for you and not harmful to the planet. At that time, there was nothing organic available in the UAE. The founder, Nils, wanted to make a real difference, by providing healthy, nutritious and organic options for Dubai's citizens. These include:

- Fresh fruit and vegetables
- Meat and fish
- · Dairy products
- · Baked goods
- · Supplements
- · General groceries
- Personal care
- · Household cleaning items

#### WHAT DOES 'ORGANIC FOOD' MEAN COMPARED TO STANDARD FOOD?

The term "organic" refers to the process of how certain foods are produced. Organic foods are grown or farmed without the use of artificial chemicals, hormones, antibiotics or pesticides. Non-organic foods are produced in the conventional way which includes the use of artificial chemicals, fertilisers, pesticides etc. These chemicals accumulate within our bodies through various contaminated foods, producing chronic illnesses. There are many studies that prove the harmful impact of eating unnatural food. At OFC, we are careful with the products we carry and the brands we say yes to. We aim to only have products that contain clean ingredients, which is why you will never see a product that contains highfructose corn syrup, chemicals, pesticides or hormones on our shelves.

#### HOW IS ORGANIC FOOD BETTER FOR HEALTH?

Studies have shown small to moderate increases in some nutrients in organic foods. These include certain antioxidants and types of flavonoids, which have antioxidant properties. Also, the feeding requirements for farm animals are much stricter leading to higher levels of omega-3 fatty acids, which are more heart-healthy than other fats. You can find them in organic eggs, dairy and meats. Moreover, cadmium is a toxic chemical which is naturally found in soils and absorbed by plants. Studies have shown that organic grains contain lower levels of cadmium. Of course, the most important benefit of organic and natural food is avoidance of the harmful substances present in industrially produced food.

#### HOW DOES BUYING ORGANIC FOOD HELP THE PLANET?

Organic food is not harmful to the environment or the planet. It is definitely a far more sustainable alternative when it comes to food production. Organic farming practices are designed to meet the following goals:

- · Improve soil and water quality
- Lower pollution
- Decrease energy used
- · Enhance biodiversity
- Provide safe, healthy places for farm animals (livestock) to live
- · Enable natural behaviour in farm animals
- Promote a self-sustaining cycle of resources on a farm

#### WHY IS ORGANIC FOOD BENEFICIAL FOR FAMILIES AND CHILDREN?

Organic foods are important for everyone, but especially for babies and toddlers! Babies start to wean around 6 months old. The quality of food is crucial in their formative years and will have an impact on their overall growth and development. Chemical and synthetic pesticides are harmful, but for a baby that is still developing their digestive and immune systems, it's even worse! Moreover, the additives and synthetic flavours that many products contain can create health complications such as hyperactivity and focus issues.

To make sure all mums are able to buy organic fruit and vegetables when their babies start to wean, we have decreased the prices in the fruit and vegetables section by 20%, all day every day. We have a wide range of organic pouches from internationally verified brands such as Organic Larder, Ella's Kitchen, Babease, Piccolo etc.

#### HOW CAN YOUR GRAB & GO RANGE HELP BUSY MUMS?

OFC sells a broad range of delicious and healthy 'Grab & Go' items, useful for mums in a rush, including:

- Soups
- Salads
- Dips
- Veggie sticks
- Bento meals
- Wraps
- Sandwiches
- · Sushi trays and much more!

We all want what's best for our bodies, but we don't always have time to cook fresh meals. Convenient, delicious, organic and healthy - that's OFC's Grab & Go promise!

#### WHY SHOULD MUMS SHOP AT YOUR SUPERMARKET?

At OFC, we care and we want the absolute best for mums! We offer them a place where they can shop knowing they are making the right choice for their child, and that is priceless! We offer everything mums need at every stage of their little one's life - from baby formula to their first piece of fruit. There is nothing tastier or healthier than organic fruit and vegetables and organic, hormone-free meat and eggs. When it comes to organic food, the common concern is cost. At OFC, we are on a mission to reduce our prices where we can so that every mum can get the best for her children.

#### WHAT MONTHLY PROMOTIONS DO YOU RUN THAT ARE USEFUL TO MUMS?

All of OFC's promotions are useful for mums. We are running three promotions per month on top of our bi-weekly loyalty offers. These contain more than 25 heavily-discounted products, every two weeks.



- Every first Sunday of the month: 15% off organic larder products, dairy, bakery goods and meat products
- Every third weekend of the month: 20% off almost everything
- Mum's Monday every last Monday of the month: up to 50% off baby products and parenting essentials

#### WHAT ARE THE BELIEFS BEHIND YOUR BRAND?

Healthy food is a right, not a privilege! We should be able to eat the same quality of food as our grandparents ate and believe natural food should be accessible to everyone. OFC's mission is to make natural and healthy food that is free of chemicals, hormones and GMOs affordable for all shopping budgets! Secondly, we aim to arm our customers with transparent information and honest products so that they are knowledgeable about where their food comes from and what it is made of. Finally, we strive to provide our customers with a warm, friendly and educational shopping experience. We have health specialists at each shop that can answer your questions and we provide information on product benefits and new developments in the healthy eating movement so everyone has a chance to enhance their wellbeing and lifestyle.

For more information, please visit www.organicfoodsandcafe.com or one of their 9 stores across Dubai and Abu Dhabi.

## FIVE WALKS FOR THE DUBAI FITNESS CHALLENGE

Here are five quirky ways to get your steps in during the Dubai Fitness Challenge, taking place this month.



With the temperatures dipping down to these glorious winter numbers and the Dubai Fitness Challenge happening just around the corner, during the month of November, there is no better time to increase your daily exercise and go for a walk. It doesn't matter if you're a fitness fanatic or a touch out of practice, the fitness challenge is a wonderful opportunity to walk around this amazing city. The initiative is all about moving, getting active and forming a habit - it makes no difference whether you choose to walk at a fast speed or a more leisurely amble. Thankfully, here in Dubai, there are many beautiful neighbourhoods and famous landmarks to explore on foot, rack up the steps and take in the sights. Here are some well-worn favourites - with an unconventional twist or two.

#### DUBAI HILLS MALL

Here we have one of Dubai's coolest new spots and there are plenty of reasons you might want to stretch your legs here. First of all, there is a lot of walking around the mall - a huge amount in fact! Take in some of your favourite shops and brands, enjoy the atmosphere and indulge your curiosity. Pretty soon, you will painlessly have the step count rising. Head outside and discover the delights of the park; perhaps you are walking with a significant other, a friend, or even your little ones - in which case, don't forget to take a little stop at an art installation for a cute photograph together of your efforts.



#### **DUBAI HILLS ESTATE GOLF COURSE**

This one is a little bit different. You are still technically walking, but this time with your golf clubs. So, go on, put your best foot forward and ditch the buggy if you normally use it. This is such an easy swap and a really smooth way to integrate a little bit more movement into an established and fun hobby. Get some great exercise by walking the beautifully manicured fairways of Dubai Hills Estate Golf Course. This is one of the most spectacular courses you will play, both in terms of the golf and, of course, the views. Who wouldn't want to be teeing up with Burj Khalifa in the background? The best part is that no matter how good or bad your round, at least you will have managed to do some great exercise and raise the numbers on that step counter.

#### THE DUBAI AQUARIUM & UNDERWATER ZOO

Nobody specifically says the walk has to be outside. Although it might be a little unconventional, why not take the challenge indoors. Afterall, most people spend a few hours walking around a mall, clocking up some steps in the process, so why not add an interesting activity into the mix? One of the treasures of Dubai Mall, The Dubai Aquarium & Underwater Zoo offers something for all ages. Say hello to the penguins, or look into the eyes of a crocodile. Take your children and spend some time making memories together - you'll be having so much fun, that the steps you do will barely feel like exercise at all.

#### **DUBAI CREEK HARBOUR**

This is a growing and thriving neighbourhood in the heart of the city. Due to the rapid pace of development in Dubai Creek Harbour, there is constantly something new to see on a stroll



through the area. You can enjoy the calm of the water and the sights of both "old" and "new" Dubai. A glance in one direction will transport you through Dubai's history, while gazing toward Downtown will enlighten you to the vitality and inventiveness of one of the world's most progressive metropolises. This is a great area for exercise and also a feast for the senses.

#### **BURJ PARK**

If you are in the epicentre of one of the biggest cities in the whole world, a chilled-out stroll may not be the first thing on your mind. However, Burj Park offers a little bit of green tranquillity amid the hustle and bustle of downtown. Take some time to stroll around this little oasis of peace and marvel at the incredible structures surrounding you, including, of course, the Burj Khalifa. Whether you are stepping out during a lunch break or walking at sunset, this is an awe-inspiring jaunt to get you moving at any time of the day.

Ultimately, it doesn't matter if you take this walking challenge slow or fast, if you're already a gym aficionado or if you don't usually exercise regularly. This initiative is all about pushing yourself to try something new and healthy. Maybe even make it a family activity by bringing your children along. It's a great way of making time to chat, catch up on the latest news and spend some quality parent-child time together. No matter which of these unconventional walks you choose to try, the main thing is to get moving, get your steps in and get active during the Dubai Fitness Challenge.



## NOMINATE YOUR MOST LOVED BRANDS!

Due to popular demand, we have extended the deadline to nominate your favourite brands, baby products, stores, schools and more in the Mother Baby & Child Readers' Choice Awards for 2022!

## Nominate your favourites 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?

You are invited to visit **www.motherbabychild.com/awards/2022** and nominate the brands you rely on or appreciate to help you with family life.

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

In the new 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!

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



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



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Here are some handy techniques that you can use to encourage a healthy, happy frame of mind in your little one.

It's important to address mental wellbeing in early learners from as young as six months of age, as children continue to adapt to the new normal in this post-pandemic era. Early childhood experiences structure the architecture of the developing brain and lay the foundations of a healthy mind in young kids.

#### THE ROLE OF NURSERY

Louisa McCormack, Principal of Ladybird Nursery Al Barsha says, "we prioritise mental wellbeing and curate teaching methodologies to nurture young minds. Through our Montessori approach, we empower our children to be curious to learn, with engaging activities that foster positive mental wellbeing, while developing independent and confident learners." While encouraging positive mental wellbeing begins at home with parents, it is good to make sure these themes are being reinforced at your child's nursery, at Ladybird or elsewhere.

#### **PARENTING TECHNIQUES**

While nursery is an important aspect of encouraging positive mental wellbeing in young children, parenting is even more vital. Here are some handy tips that will help you do just that!

#### Preparation

It is key to prepare children for events and things that will happen. It's a good idea for parents to speak to their children before entering a new environment. Informing your child about what is going to happen and what to expect ensures they are mentally prepared and therefore, less scared of the unknown.

### Giving kids the opportunity to talk

It's wise for parents and teachers to empower children by giving them the opportunity to express their feelings. A child's response can give you a better understanding of whether they are happy or not and allows you to tailor your approach based on your little one's answers. The insight into their interests, likes and dislikes enables you to focus on activities that suit their individual personality, meaning your child is positively motivated to learn and be curious.

#### Speak in the right way

Using age-appropriate language helps kids to discuss thoughts and feelings in a way that they can process and understand. It means you can chat through things that might be coming up at nursery or incidents that happened during play. Keeping the lines of communication open in a way that suits your child's age will ensure that they approach life more smoothly and can talk to you if there is a problem.

#### Use visual cues

Children often experience anxiety whilst in transition, be it from home to nursery or even moving from one area to another. Parents can use visual cues to ensure there are no uncertainties that may frustrate early learners. Items such as a visual timetable or chores chart help children to see what they need to do, where they are headed and when they will be back, all of which brings kids a grounding level of reassurance.

With these tips and techniques you should be able to create a positive and safe environment for your child to grow and learn, which will ensure that they are mentally equipped to deal with the pressures of the outside world.



Team sports can be a scary prospect for children, particularly if they're shy or introverted. Let's look at some activities that can be more gentle and put less pressure on your child. Competitive sports aren't for everyone, and that's okay! Lots of kids would much rather take part in something that's non-competitive, with the main focus on enjoying themselves. It can be really stressful for some children to have to take part in competitive sports. There is so much pressure to perform well and to win, that sometimes there's no joy in it for them at all.

#### IT DOESN'T HAVE TO BE ABOUT WINNING

It might be the case that your little one finds it difficult to work well with a team and much prefers to take part in individual activities. These are more often self-guided and therefore, there is less pressure on your child. They get to decide what their goals are and if they want to push themselves or just have some fun.

We all know that our children benefit from daily exercise and getting involved in sport is a great way to make sure that this happens. With non-competitive, individual sports, they'll get lots of the perks of competitive team sports with none of the stress. Also, lots of these sports can become competitive if your child wishes, leaving that door open for them too.

#### **NON-COMPETITIVE OPTIONS**

Here we look into the sports and activities that could be better suited to a less competitive child.

#### **Martial arts**

If your little one is lacking in confidence at all, martial arts are a great activity for them to get into. It will help them gain confidence, while learning some valuable self-defense skills. It's also a great workout and can enable your child to feel part of a bigger team, which will provide them with a sense of belonging. Respect and discipline are key aspects of martial arts. They form the foundation of the practice and are important skills for children to learn.

#### Swimming

Swimming is a wonderful, non-competitive, solo pursuit. Just getting into the water can bring so many benefits for your child. Swimming improves physical fitness, flexibility, core strength, lung capacity and much more! Research has shown that a few laps of a pool can really help your child to de-stress and feel happier, thanks to the release of endorphins. The need to focus on their breathing and each stroke they take forges the mind-body connection, enabling your little one to stay in tune with themselves and be healthier overall.

#### Cycling

You rarely see an unhappy child on a bicycle! They tend to be invigorated and excited by the feeling of absolute freedom as they glide along. Cycling, even as part of a family group, provides them with a sense of independence as they're in control of their own bike. Zipping around on two wheels is a great way to exercise too. It's low-impact on joints and they'll get to explore the outdoors at the same time - so lots of fresh air!

#### Gymnastics

Gymnastics often has a competitive streak to it but it doesn't have to be that way. Gymnastics for children can be great fun. They'll be bouncing on trampolines, jumping around on mats and swinging from bars. What could be better as a kid! Plus, it'll vastly improve their overall physical fitness and flexibility and introduce them to lots of other children their age, which can only be a good thing. Starting gymnastics young can really tap into the physical potential of your child as they rapidly grow and develop.

#### Running

This is possibly the most accessible sport there is. Whether you take your child to run a few laps of the area, or they join a running club, the benefits are clear. Studies suggest that getting involved in sports, like running, at an early age increases the chance that your child will be active and therefore healthier later in life. Running can be truly individual and non-competitive if you wish. The stopwatch never has to come out. It's a fantastic way for your little one to unplug from any worries of their day and to work up a sweat with no pressure of performing or being compared to anyone else.

#### Tennis

Tennis is an amazing sport and it can be played in ways that focus on the fun side of the game, without worrying about winning or losing. There are many varieties, including swing-ball and beach tennis, that use the skills of tennis but have less pressure of competition. Your child's coordination will really benefit from this game, along with their overall fitness.

#### Dancing

Looking for an activity that encourages your child to express their individuality in a safe



way? Well look no further because dancing is the best way for little ones to be themselves and channel their emotions through physical movements. It also builds their flexibility, general health and self-esteem which can really help a shy kid to come out of their shell. They can meet friends who are also learning to express themselves and have some fun at the same time!

#### Golf

Whether it's pitch and putt, crazy golf, or the real deal, golf is a unique sport to introduce your child to. All of that time outside, walking from hole to hole and practicing a variety of skills is very beneficial for them. There's no need to keep score if they don't want to. Encourage them to keep trying until they get the ball in the hole but let them know that it doesn't matter how many shots it takes. It's all about having fun while staving active.

#### **TRY IT OUT**

There are plenty of options when it comes to sports and activities for children to get involved in without having to fret over competition or team dynamics. If your child feels this way, why not give one of them a try? They can still reap the physical, mental and emotional rewards of sport but in a safer and more comfortable way.

## TEACHING TEENAGERS ABOUT TRUST

Trust is the foundation upon which all healthy relationships are built. As your child grows into a teenager, it's crucial to help them develop trust with themselves and with you.



Trust is part of a child's life, particularly when it comes to feeling safe with their parents, but it grows in importance as your child begins to move through their teenage years. Teenagers need to understand trust so that they can develop real and healthy relationships with their peers. In order for them to gain these skills, they need to be taught and practiced first at home. This will provide a safe environment for mistakes to be made and to understand what trust looks like.

#### Trust starts at home

One of the best places to start is by ensuring that your teen feels that they are a valued member of the family and that they're part of the conversation at home. It helps to engage with them regularly about what their interests are, who their friends are and what they're like, and what their dreams and goals are. They should feel comfortable being themselves without being judged for it. This doesn't mean that they can't be held to high standards!

#### Communication is the key

If your teen does anything to strengthen your trust in them, such as staying true to their word or being reliable, you should let them know that you see it and praise it. Alternatively, if they do something that is a breach of your trust, there should be a conversation around it. This is not a time to get angry with them or do anything that will make them shut down. This is a time to communicate and learn. Firstly, you can tell them that you're unhappy with their decision and explain why. Secondly, you can ask them why they made the decisions that they did. Finally, both of you can discuss what would be a better course of action in future to keep all parties happy and to maintain trust. A very common example is when teens stay out later than allowed and don't tell you. Chat to them about how this is inappropriate and in future, if they're going to be out later than discussed, to contact you about it so that the two of you can come to an agreement.

#### Being a trustworthy parent

It's just as important to show your teen that they can trust you. If they come to you with personal issues, problems at school or with friends, it's vital that you don't share this information with anyone without their permission. If you go behind their back and discuss it, they may feel that this damages their trust and not confide in you in future. So treat your teen with respect, show them that they can rely on you. If you do this right, it will form a strong connection between the two of you. Parents and teens who have a strong trust bond are much more likely to stay close and grow closer throughout the potentially difficult teenage period.





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## RAISING A READER

Children who read tend to be happier, calmer and find it easier to learn. Let's look at why this is the case and what we can do to turn our little ones into bookworms! Nearly all young children love books, especially bedtime stories. It's very common that as they grow into older children, they begin to distance themselves from reading. This is a real shame as reading is one of the best ways for children to keep developing and learning. Kids sometimes feel that they are being forced to read which generally has the opposite effect than desired.

#### THE BENEFITS OF READING

Reading is a skill that will support your child throughout their entire life and continuously open their mind. It all starts with creating positive and memorable experiences around reading from a young age and maintaining that for their whole childhood. Let's look at its benefits.



#### Academic performance

Nearly all school subjects are learned through reading. The easier your child finds this, the easier they'll be able to absorb the material and master the topic. Studies have shown that children with a strong reading level at a young age are far more likely to achieve good grades and graduate from school, whereas those who have a below average reading level may not do so well in exams and some may not even graduate.

#### Social awareness

A less discussed benefit of reading is the awareness that it can provide your child. Reading a range of stories about different characters and scenarios will encourage them to think about all of these topics. It will help to develop their emotional intelligence as they learn more about how people interact with each other in healthy and unhealthy ways.

There is an almost endless amount of knowledge available in the world and if

your child is comfortable reading, they have access to this. They'll be able to explore concepts, ideas and passions, feeding their curiosity about the world.

Also, reading is a brilliant way for your child to expand their vocabulary. Having a broader vocabulary has been shown to promote deeper connections with other people and enable your child to feel more comfortable holding their own in social situations.

#### **Mental health**

Reading has a profound effect on the mental health of your child, especially when compared to the effect of social media and screen time in general. Reading is a very gentle and mindful activity. When your child reads, they are intentionally slowing down the world around them as they focus their attention on their book. Even if the story is very exciting, they'll be mostly sitting still and physically at ease. As a result, habitual readers tend to be much calmer and happier individuals. They have a built in 'slow' time which can reduce stress and lower their heart rate. Whereas excessive screen time is known to unsettle children and while they seem occupied and are sitting still in front of the screen, it certainly doesn't help them to relax.

#### HOW TO ENCOURAGE A LOVE OF READING

Here are a few tips on fostering a love of reading in your child:

#### Reading with your child

When a parent reads to their child regularly, it forms a strong bond and starts a positive association with reading. To maintain this level of positivity, be sure to make it clear that reading time is about fun and less focused on learning. Reading should be an entertaining activity that sparks the imagination of your little one. This excitement will show them how great reading can be and keep them engaged and interested. Kids who have fun while reading are far more likely to keep it up.

#### Bring the book to life

One of the best ways to get your child on board with reading is to bring the book to life. As you're reading together, feel free to act out some of the scenes and put on voices for different characters. This can be a silly, fun and light-hearted activity.

As the story progresses, take breaks to chat with your little one about how the story is developing. Ask them what they think is going to happen, how they feel about what has already happened and why they think the characters are acting as they are. Offer your opinion on these questions too and have a discussion with your child about the story in general. This approach adds layers of depth that enriches the experience for children. It also shows them that it's a good thing to stop and think while you're reading. It will teach them to consider the material and develop opinions on it. This is an invaluable skill that they'll be able to use in their education and beyond.

#### Make it a habit

As with most things, the best way to make sure that your little one reads regularly is to help them to develop a reading habit. Fifteen minutes or so before bedtime works well for most parents as it simply becomes part of the bedtime routine. Don't be worried if they aren't overly into it at first. It will take some time and consistency, and eventually they'll adapt. Furthermore, the better they get at reading, the more they'll enjoy it and the more likely the habit is to stick.

#### PRACTICE WHAT YOU PREACH

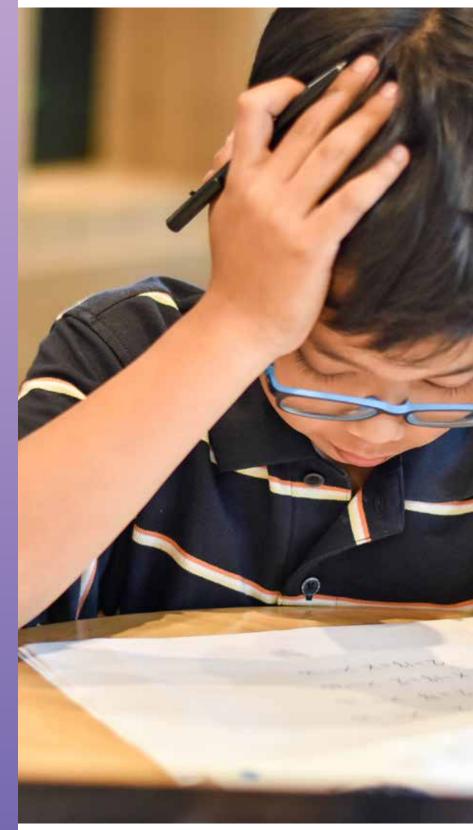
Whether we like it or not, children will often mirror our behaviour. So if we want our children to read regularly, then we should do the same. If they see us reading in the evening, they're more likely to. If we're asking them to read but they never see us reading, they may even question this. So if your child is at the stage where they're reading independently, consider picking up a book and reading alongside them. This is a sign of encouragement and will also show them that they're not missing out on anything else while they're reading.

Being a capable reader is almost like a superpower these days. Children who read perform better in school across the board and find various aspects of life less challenging. So get started and know that you're giving them a real helping hand while introducing them into the wonderful world of books!

## EDUCATION



An interview with the principal of Durham school; how to manage dyscalculia; and the future of education in the UAE.





## DEALING WITH DYSCALCULIA

Dyscalculia can make learning and understanding a real challenge. However, there are ways to spot it early and make things more manageable for your little one.

Maths isn't everyone's favourite subject but some kids seriously struggle and this can be a sign of dyscalculia. Approximately one in twenty kids experience this learning disorder which hinders their ability to understand maths and number-related topics.

#### WHAT TO LOOK OUT FOR

If you are concerned that your little one may be suffering from this disorder, here are a few tell-tale signs:

- They take longer than normal to learn to count
- They have to count on their fingers
- They have difficulty recognising numbers and seeing patterns in numbers
- They struggle with basic mathematical concepts such as addition and subtraction
- They take longer than normal to learn how to read clocks and tell the time

If some or all of these are familiar, it may be worth investigating further. You can start by consulting your child's doctor to find out more about the appropriate steps for a diagnosis. You should also consider talking to your child's teacher to get more details about how they're performing in class and if their difficulties are in maths alone or spread into other subjects too.

#### HOW TO HELP

There are plenty of ways you can help your little one at home if they're experiencing dyscalculia. It's essential to keep things light and fun and to be patient with your child as they work through their difficulties.

#### Make a game of it

Any games that involve numbered objects, such as cards, dice or dominoes are a great tool to use when trying to make it easier for your little one to get their head around maths. These visual aids can be used to assist with addition, subtraction and pattern recognition among other things. Your child may get frustrated with the game if they keep losing track of the numbers so reassure them that there is no pressure and try to make it as fun as possible!

### Aim for understanding over memorisation

Some children will be able to lean on their strong memory as a crutch for their lack of understanding in certain areas. Do your best to explain the topic to them in terms that they'll understand and check in with them to make sure that they're not just learning it off. This will mean that they can apply this understanding and solve various problems where their memory alone will not quite be enough.

#### One step at a time

If you are working on a specific maths problem with them, break it down into the smallest possible steps where only one change is being made from one step to the next. Try to talk them through what's happening in each step and be prepared that they may get stuck often. Don't be afraid to spend time on each step so that they don't feel rushed and can focus on learning.

Dyscalculia can make numerical learning very difficult for children, but if you can identify it early, help them out at home and consult with their teachers, it will make their school experience much more enjoyable.



### FEATURED PRINCIPAL: AN INSIDE LOOK AT DURHAM SCHOOL

This month we talk to Mark Atkins, the principal of Durham School in Dubai, about what makes a good education, what challenges students are facing today and how to keep kids motivated in the classroom.

Mark Atkins graduated from the University of Birmingham and has been a teacher for 36 years. He still makes sure that he teaches as "frankly, it's the best part of the job" he says, while also acknowledging that it is essential he demonstrates that he can 'walk the walk' as well as 'talk the talk'. In his career, Atkins has held numerous school leadership positions, including headships in the UK and the Principal role in a number of international schools. He has become something of a specialist in establishing international schools and, as Chief Operating Officer of a large UK international school group, has worked to help set up British curriculum schools in Dubai, Abu Dhabi, Qatar, India, Singapore, Malaysia, Egypt and China. Atkins is also Chairman of Governors for a specialist UK pupil referral unit (PRU) that was established to provide for behaviourally challenged pupils in a deprived area of north Kent.

### What inspired you to want to be a teacher and a principal?

There is no more important job than teaching. Teachers who connect with pupils, take the time to understand them, to guide them and appreciate their talents, have a profound effect on the rest of their lives. We can all remember the great teachers that helped to shape our lives and we should be thankful. As to being a principal, that just happened over time, I most certainly did not set out to become a school leader - I am happiest in the classroom.



# Can you tell us about the curriculum and how it differs from other schools?

All schools that teach the English National Curriculum are broadly similar in the content and subject matter taught. Where schools can be very different is in the standards and expectations that are placed on the pupils and the staff. Durham is a school that believes pupils thrive in structure, respond to high expectations and learn best when they are fully engaged with talented teachers. Durham eschews over-reliance on technology, preferring instead to concentrate on delivering the basics thoroughly, with pupils producing work in books that are shared with their parents. In keeping with our proud 600 year history, we offer a traditional approach to education, replicating an authentic English independent school experience in our standards, expectations and ethos.

# What qualities does Durham school try to develop in its students?

The school 'MARK' values underpin everything that we do. Of course academic success is important but without Moral Integrity, Ambition, Responsibility and Kindness, qualifications alone count for little. Durham sets out to produce confident, socially competent, empathetic young men and women, who see and value others. In an increasingly self-obsessed 'selfie' world, we want to develop decent, emotionally intelligent and kind human beings of great character and personality, who can make a meaningful contribution to society.

#### Why should parents pick Durham school for their children?

Parents should only pick Durham if they subscribe to our values and standards. They must be comfortable with and support our 'old fashioned' values, our high expectations in terms of pupil (and parental) behaviour and our traditional approach to teaching.

## What are the key challenges you face as a school in Dubai?

I am delighted that parents have so much choice in terms of the huge variety of schools available in Dubai. Competition has to be a good thing as it ensures that schools are focused on delivering quality education, while also making sure that they give the best value for money. Competition is a challenge, but one that we embrace. It is also a challenge to recruit and retain the finest teachers. We invest a huge amount of time and energy in finding the very best teachers for our school and making sure that we look after them.

#### What steps do you take to ensure children settle in well, when moving to your school?

This comes down to the ethos of the school. Yes, we have structure, discipline and rigour but ultimately, we are a kind and happy school where the teachers and management take a keen interest in every single pupil and their families. Our small class sizes and



skilled staff help pupils to adjust quickly to their new surroundings. We also give parents every opportunity to meet face-to-face on a daily basis with the teachers, ensuring that high quality communication is a feature of the school.

# In your opinion, what are the biggest challenges students face today?

Social media and online dangers. I am not sure if parents fully understand how dangerous the online world can be and the pressures that children face every day through social media, online bullying and pernicious algorithms that target the vulnerable, including children.

#### How do you motivate children to be active learners in the classroom?

It all comes down to the quality of the teachers. Teachers get to know the students, what makes them tick, what interests them and how to capture their imagination. There is no 'one size fits all' solution to teaching. Every child is an individual and must be taught as such.

## What is the most difficult aspect of your job?

Paperwork!

For more information about Durham School, please visit www.durhamdubai.com.

## THE FUTURE OF EDUCATION: BEYOND TRADITIONAL LEARNING

Amit Kothari, Executive Committee Member of Education Business Group (EBG), shares the long-term strategies that should be part of your child's school experience, to help shape the generation of tomorrow.



With the academic year in full swing, it is essential for children's schools to ensure a safe learning space that fosters collaboration, encourages innovation and sheds light on the importance of their wellbeing. As schools enter the new academic year, little ones are spending most of their time back in the classroom, having almost returned to the normal routine prior to the pandemic. The Covid-19 pandemic has drastically changed the way schools operate and the way learning is conducted, and there are many positives to this. Having to adapt to the pressures and changes of the pandemic has shaken up the education system and provided an opportunity to examine the way children are educated. Moving forward and into the future, we can now see more than ever that it is essential for schools to ensure a safe learning space.

The Education Business Group (EBG), a nonprofit formed under the umbrella of the Dubai Chamber of Commerce and Industry (DCCI), currently serves 53% of the city's private school student cohort. Below are Education Business Group's long-term strategies that private schools in Dubai need to consider to help shape the generation of tomorrow.

#### WELLBEING AWARENESS

As students adapt to the new normal, mental wellbeing has become an outspoken, top priority for children, adolescents, parents and teachers alike. Therefore, it is essential for teachers to listen to any concerns that kids may have and demonstrate understanding, as well as empathy. Regular check-ins have been implemented in some schools to offer students the opportunity to have one-toone conversations with their teachers and reconnect in an open environment.

#### Younger children

For younger kids, teachers tend to be role models and can help shape their students in their transformation into young adults. It is common for children to mirror the way adult figures around them behave, so it is important for both parents and teachers to watch their actions and remain calm. Today, schools have been progressively incorporating mental health into the lives of children with activities such as voga, meditation practices and breathing techniques. Additionally, some schools have assigned dedicated wellbeing officers on campus, along with school counsellors. That being said, all your child truly needs is friendly classroom teachers who can offer guidance, advice and support to students.

#### SUSTAINABILITY AND ECO-LITERACY

Many schools are now trying to adhere to a 'sustainability first' ethos and maintain a green environment. Other initiatives include organising ecological activities that connect students to the environment, as well as making sure to include eco-literacy in the curriculum.

#### Projects and the environment

Project-based education and place-based learning are great ways to introduce kids to environmental responsibility. From growing their own fruits and vegetables, to separating recycling bins and reducing plastic use, or even joining beach cleanups, there are many benefits to all environmental engagement. These and any other similar eco-friendly activities can become the stepping stone to building a sustainable mindset from a young age. Place-based learning also invites children to learn about the environment and study science in ecological locations, allowing them to learn first-hand about nature.

From an operational perspective, schools could work towards minimising their environmental impact, using solar power for energy needs, recycling water and implementing waste separation or even wind energy generation.



#### **COLLABORATION**

Fostering collaboration between students helps build interpersonal skills that prepare them for the real world.

#### Play

For younger students, free play contributes to their cognitive, physical, social and emotional well-being. When schools don't incorporate play into the curriculum, students tend to lack communication, collaboration and problemsolving skills. When children play, they learn to work together and figure things out without help from a teacher or an adult.

#### **Interactive fun**

Interactive classroom activities are another teaching strategy that can enhance the likelihood of positive peer social interaction among students. These are activities that preclude one-way communication or individual learning, instead getting kids involved and engaged with the lessons or material. The great thing about this is that the activities are structured, so that students must interact with one another.

#### Safe learning space

Today, most public and private schools follow anti-bullying policies to protect children and encourage a friendly and inclusive environment. As most reported bullying situations arise at schools, staff and teachers should possess the knowhow and tools to resolve such issues if they arise for your child. As some children are more reserved, teachers and parents should try to be aware of the warning signs – for example, sudden withdrawal from activities, loss of appetite, and change of attitude towards learning and friendships.

In line with the anti-bullying program organised by the Council of the UAE in collaboration with UNICEF, schools in Dubai are continuously ensuring that they build healthy and progressive relations between students, parents, caregivers and educational staff members.

With these ideas in mind, you should be able to assess whether your child's school is future-facing and whether they are getting what they need out of their education, beyond traditional learning.

# SCHOOL & FAMILY BREAKS



This month we check out the coolest destinations for your family's next winter holiday; and how to get the most out of your money when booking!



# GETTING THE MOST OUT OF YOUR TRAVEL DEALS

We look at how to get the most out of your budget when booking your family's winter vacation this year.

For the last part of 2022, it seems people are slowly returning to pre-pandemic and seasonal norms when it comes to taking a holiday, with travellers keen to make the most of their trips following a long period of lockdowns and stop-start travel restrictions. Bookings from families and other travellers in the UAE have increased by 83% for the winter period as residents look beyond summer and consider the colder season for their next travel plans.

#### The cost of travel

The cost of travel will be of great importance for many families and holidaymakers thinking of a break this year and planning for 2023. Signing up to price alerts on a variety of travel and booking sites, such as Skyscanner, is a great way to keep on top of price changes to your favourite destination, meaning you'll be the first in the know if there are any price drops. Searching multiple dates and airports will also give you the best chance of a good deal. There are usually the options of 'whole month' and 'everywhere' search tools that help you do exactly that with just a few clicks, so you can bag yourself a bargain.

#### TOP TIPS FOR THE BEST TRAVEL DEALS

If you are looking for a winter getaway as a family (or perhaps a city break without the kids!) in the next number of months, here are the top techniques for getting the most out of your booking.

#### Mix and match to make big savings

Mixing and matching the airlines you choose to fly with can seriously cut costs. Fares don't have to be booked as returns. Look at flying out with one airline and back with another or out of one airport and back into another.

#### Be flexible with dates

Searching by multiple dates and airports will give you the best chance of a bargain. Flight prices are all based on supply and demand. Because some dates are more popular than others, prices will vary. The 'whole month' search tool allows you to see cheap flights at a glance and pick the right deal for you and your family. Consider travelling a day before or a day after your original departure dates, as flying on less popular days of the week is always cheaper.

#### Wanderlust calling

If you don't have a fixed destination in mind, you can usually search 'everywhere' - it's a great way to see what's available, in price order and can inspire you to go somewhere you've never been before.

Whether you're looking for a quick weekend trip or a longer family vacation this winter, with these small tweaks to your travel booking process, you are sure to find something that suits your family's needs. **SCHOOL & FAMILY BREAKS** 



# THE BEST WINTER DESTINATIONS OF 2022

Have you ever wondered where to bring your family during the winter break? We examine the top destinations for travellers from the UAE this year.

Here are the most popular destinations for families in the UAE at this time of year, according to the latest survey results. These are well worn routes with decent flight options, so your family should have plenty of choice when it comes to dates, destinations and cost. Let's take a look at the top places for a winter trip for your family over the next few months.

#### PHILIPPINES

The weather during winter is largely dry and warm in the Philippines, with temperatures rarely dropping below 20°C and a low chance of rain. Therefore, many consider winter to be the best time to visit this beautiful country. It is the perfect time of year to enjoy all this destination has to offer, from hiking to sunbathing, swimming and many other kinds of outdoor activities.

#### INDIA

Winter is a gorgeous time to visit India. The milder or colder weather conditions bring magical vistas of snow to the mountains and elevated regions. The interesting thing is that in complete contrast, you can still find warm sunshine near beaches at this time of year too, so there are plenty of options to suit all tastes. From visiting the palaces, temples, colourful markets and historical sites of cities like Jaipur and Fatehpur Sikri, to exploring the forests or skiing on the slopes of snowy destinations such as Auli and Shimla, your family has all kinds of winter holidays in India to choose from!

#### PAKISTAN

The colder months are actually a great time to visit some of the most enchanting destinations in Pakistan. From the tourist hotspot, Murree Hills, to the awe-inspiring Kalam Valley, there is no shortage of beautiful places to visit during winter. Whether your family is looking for lush green forests, glacial lakes, majestic mountain peaks, incredible architecture, relaxing retreats or an icy winter wonderland, Pakistan has it all at this time of year.

#### ENGLAND

The next few months are a wonderful time to visit England. Major attractions, such as Buckingham Palace or the London Eye don't have the queues of summertime and you will have much more space at these iconic tourist sites. As this time (with the exception of Christmas!) is considered the low season, accommodation is much better value than in warmer months. Many cities, towns and villages have a festive feel with twinkling Christmas lights, special decorations, seasonal treats and drinks, alongside a variety of winter markets. The weather is on the colder side. but this provides a unique atmosphere - with clear blue skies, crisp temperatures and frost covered countryside.

#### **QATAR**

The wintertime temperatures are substantially cooler in Qatar than the rest of the year and this means that it is also one of the busiest seasons to take a trip. However, Qatar is still an emerging travel destination internationally and so rarely feels crowded. Whether your family would enjoy food festivals, cultural museums, kitesurfing, luxury hotels, falconry or even an off-road desert adventure, winter is the best time for these activities. Also, who could forget that this year Qatar will host the Fifa World Cup, which will be an incredibly exciting time to pay this country a visit for all football fans, young and old.

#### EGYPT

Hands-down, winter is a great time to pay a visit to Egypt. Summer temperatures can be uncomfortable for outdoor activities, especially for children, whereas the colder months make it easier to spend a day at sites that are usually sweltering, such as Luxor or Aswan. Egypt makes for an exciting adventure for kids and adults alike, from discovering ancient temples and tombs to a relaxing trip down the famous river Nile.



#### TURKEY

Turkey in the winter is a beautiful place to take your family. While it's known as a summer destination, there are many reasons to visit this renowned country in the cooler season. First of all, there is an enormous amount of history for visitors to appreciate in Turkey. Although Istanbul is busy no matter when you go, there are far less crowds everywhere else around this time of year and this means you get to have the spectacular sites and natural vistas more to yourself. Everything costs less too, both internal travel and accommodation - along with a much more traditional feeling cultural experience than during the touristy summer spell.

#### UNITED STATES

The vast cultural and geographical variety of the USA means that any time of year is a good

time to travel there. Whether your family likes dense urban centres, world class museums, rocky mountains, stunning redwood forests, roots music, or entertaining broadway shows, the United States has something for everyone. Wintertime means the southern states are much more family-friendly when it comes to outdoor activities, being temperate and comfortable for hiking, picnics and more. The northern states have a cold, sometimes snowy charm and prices for everything, from accommodation to theatre, are lower than during the hotter season.

With so many incredible destinations on offer, it can be hard to pick just one to explore as a family. Your choice will probably be influenced by the time you have available, your budget, the age of your children and your family's interests. No matter what that choice is, your family is bound to have a winter holiday to remember and make plenty of happy memories together.

# GOOD LIVING



This month we check out how to include more conscious beauty products; eyelash serums that work and more!



Here, I share my November beauty picks for healthy hair care and making sure you always have that on-the-go glow.

Our underarms deserve the best care but can often be forgotten in our beauty routines. As natural ingredients begin to take centre stage in the beauty scene, I'm becoming more savvy about which synthetic ingredients I put on my skin, especially in the products I use every day.

#### **ALL DAY NATURAL FRESHNESS**

I have rounded up a selection of conscious deodorant choices, ranging from sprays and roll-ons, to pastes and creams, to ensure there's a skinfriendly choice here for every woman!



#### THE ORGANIC PHARMACY DEODORANT SPRAY 50ML (AED 145)

Infused with a light and pleasant fragrance to eliminate odour-causing bacteria, this deodorant offers lasting protection against perspiration. Organic Pharmacy's vegan formula is free from aluminium and parabens to help maintain healthy skin. Clary sage, rosemary, tea tree and bergamot come together to refresh and lightly scent the skin.

#### EDITOR'S PICKS



AURELIA

BOTANICAL

CREAM DEODORANT

110g C? 3.8fl.oz

lapothecary

L. ALUMINI

ELLS HERBY, WOODY ISH AND CLEAN

50ML 1.7 FL OZ C

AROMA SWEET

AVENDER & AARE

SALT

&

STONE

MÁDARA HERBAL DEODORANT 50ML (AED 90)

Feel ready to take on the day with Madara's vegan-friendly roll-on deodorant. A herbal remedy infused with natural minerals, this deodorant delivers long-lasting and stain-proof protection against sweat and body odour. With a certified organic formula, this roll-on blends northern sage, peppermint and chamomile extracts with natural minerals for ultimate freshness.

#### AURELIA LONDON BOTANICAL CREAM DEODORANT 110G (AED 185)

Dive into the natural, ultra-fine creamto-powder formula of Aurelia London's plant-based botanical deodorant. I was new to this style of deodorant but I really loved it. It helps absorb perspiration, offering an invisible finish, while gently hydrating your underarms. Aluminiumfree, the formula combines antimicrobial arrowroot and pure kaolin with shea butter for moisture. A fragrant blend of tea tree, eucalyptus and peppermint essential oils, alongside distilled lavender and bergamot gives it a light fragrance.

#### SALT & STONE LAVENDER AND SAGE - FORMULA NO 1 (AED 85)

Free of aluminium, alcohol, parabens, synthetic fragrances and dyes, Salt & Stone's Formula No 1 deodorant promises 48h protection. With hyaluronic acid to moisturise the skin and probiotics to help neutralise odour, this one's a winner.

#### AUSTRALIAN BODYCARE DEODORANT 65ML (AED 40)

Alcohol and aluminium free, this natural antiperspirant comes in a unique roller ball tube infused with tea tree oil. It boasts a formula so gentle that it is safe to use after hair removal, so this one is great for ladies who want an irritation-free option.



## SUKIN DEODORANT 125ML (AED 40)

This is an antiperspirant that eliminates odour-causing bacteria without using harsh ingredients. Free of aluminium and parabens, it is suitable and safe for all skin types. A 100% certified carbon neutral brand, Sukin's commitment extends far beyond cosmetics, as they believe in skincare that doesn't cost the earth, which I love.

#### ILAPOTHECARY AROMA SWEET DEODORANT 50 ML (AED 85)

British brand Ilapothecary harnesses the power of homeopathy to care for your underarm's skin, leaving behind a fragrant scent that I found clean, woody and pleasantly herbal. Enriched with thyme and vetiver oil, the deodorant is 100% natural and free from aluminium, parabens, SLES, ethanolamine, propylene glycol, silicone and mineral oil.

#### All products are available online at lookfantastic.ae or ar.lookfantastic.ae.



#### **BEAUTY THAT DOES GOOD**

This month I want to introduce you to DE MOI<sup>\*</sup>. In keeping with my theme this month of natural and conscious beauty, this is a beauty brand I simply had to share! It's a purpose-led Swiss beauty brand that expertly uses traditional botanicals and modern technology to produce a luxurious, high-performing and really effective product range. The brand is motivated to enhance beauty and give back to society at the same time, which really caught my eye.

#### SPREADING POSITIVITY

Created by Demee Koch, an entrepreneur, philanthropist and Forbes influencer, DE MOI was born out of her passion for spreading happiness and love using an environmentally friendly product line. "Beauty is in the way you love yourself and others. Beauty is everywhere. Beauty is YOU," states Demee Koch, CEO of DE MOI, an ethos that I can really get on board with! Beauty is often in the way we feel, don't you think?

DE MOI aims to be the catalyst in bringing positive change into the world, by creating awareness around spending consciously on products that give back to society and also making sure that these products do not harm any animals or the environment. DE MOI's product line is devoid of harsh chemicals and is generally eco-friendly, which makes a major difference in my opinion.

#### **POWERFUL INGREDIENTS**

Now available in the UAE, DE MOI uses state-of-the-art skincare technology to leverage and combine the powers of alpha arbutin – the world's most advanced anti-aging ingredient – with the longstanding and well-tested properties of botanicals from the Philippines.

De Moi's all-natural, cruelty-free range features four stellar products designed to give true results. In addition to its hero product, the DE MOI Eye Serum and the extra-hydrating face serum, the range also includes handcrafted beauty and intimate wash bars.

#### DE MOI BIO SERUM: EYELASHES + EYEBROWS - AED 599.50

Produced and packaged in Switzerland, DE MOI's Bio Serum is formulated with potent and active ingredients designed to stimulate the growth of delicate lashes and eyebrow hairs. It also promises to increase volume and length, allowing you to see the world through naturally fluttery eyes.

Containing the active ingredient OM24, the Bio Serum is clinically proven to protect, repair and stimulate cell regeneration. While it's perfect for anyone who wants to improve the length, texture and volume of their eyelashes and eyebrows, it can also be used by those using eyelash extensions as a way of achieving thicker lashes and brows.

## The serum and all the other products in this range are available for purchase on www.demoi.ae, with next day delivery across the UAE.

# COMPETITIONS motherbabychild.com/competitions

## A KIT & KIN HAMPER, THE LATEST ECO-FRIENDLY AND SUSTAINABLE BRAND CO-FOUNDED BY SPICE GIRL EMMA BUNTON, WORTH **AED 500**

New to the region, Kit & Kin is a multi-awardwinning, eco-conscious brand whose ethos is to be better for your baby and for our world, with a strong focus on giving back. Proud to be recognised as the most accredited eco-nappy on the market, products are made with sustainable, plant-derived materials that are both kind on babies' skin and to our planet. With a range of eco nappies, reusable nappies, wipes, dermatologically approved skincare and clothing, Kit & Kin is your go-to for all your little one's essentials. Giving back a huge part of Kit & Kin's values. With each product sold, the brand helps protect acres of precious rainforest around the world and support families and communities at home and abroad. This is your chance to win your choice of 5 months' worth of diapers or a selection of hero products including nappies, wipes, sacks and a range of skincare products.





## A VOUCHER TO SPEND AT BODI LOVES, WORTH **AED 500**

Elevating swimwear and essentials into a new realm of sustainable, attainable luxury, Bodi Loves is your one stop destination for well-made and timeless designs - for both little ones and their mamas. A staple in every eco-friendly wardrobe, this is your chance to win a AED 500 gift card voucher to spend at Bodi Loves. Made using premium, quality fabric, with a sleek fit that offers a seamless water experience, the range also has the added benefit of UPF 50+ protection. Each swimsuit contains the highest possible rating of UPF (99.9%). All designs are made from sustainable yarn with no harmful substances. To enter, all you need to do is let us know the exact amount of UPF50+ coverage one swimsuit has. Is it A: 60%, B: 50%, or C: 99.9%?

**FO 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!

### MAMA MIO'S SELECTED PRODUCT RANGE, WORTH **AED 500**

Created by Mamas for Mamas, Mama Mio provides pregnant women the support they need for strong and healthy skin. The Mama Mio range is for Mamas in any stage of their pregnancy. With over 17 years of pregnancy skincare experience, their formulas are extremely unique and effective, offering protection and support for your skin throughout your pregnancy journey. Included in this prize is the Mama Mio, Mama Marks Cream, Tummy Rub Scrub and Tummy Rub Oil.



## **WIN** BOXFETTI PRODUCTS' RANGE, WORTH **AED 500**



For the perfect party, the popular Boxfetti Box is here, and includes everything you need for 8 guests, all beautifully themed - with over 50 themes to choose from! Not just for birthdays, they have decorations for all events, including UAE National Day, Diwali, Christmas, New Year and so many more. You can get a complete set with the Boxfetti Box or simply buy individual pieces - whatever your needs, Boxfetti are here to make your celebration easy!



#### **WIN** A VOUCHER TO SPEND ON THE NEW BIO-BASED TABLEWARE COLLECTION FROM CITRON, WORTH **AED 500**

The innovative, eco-conscious tableware collection is as sustainable as it is functional. Made from PLA, a non-toxic, plant-based plastic, this collection of bio-based plates, bowls, cups and cutlery is durable, smash proof and good for you, your family and the planet. It features Lemon, Unicorn, Dino designs, or just plain. You can win a AED 500 voucher for Citron to be spent online at www.citron.ae





# The New Bio-Oil<sup>®</sup> Skincare Oil (Natural) 100% Natural.

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

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