ISSUE 138 | DECEMBER 2022 | DHS15 <u>Bang</u>

**HOW HOMEOPATHY CAN BOOST YOUR** FAMILY'S HEALTH

**THE BENEFITS OF A WEIGHTED BLANKET FOR KIDS** 

**HELPING YOUR CHILD WITH** HOMEWORK

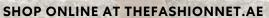
**EXERCISING FOR MUMS-TO-BE** 

**FESTIVE BEAUTY GUIDE** 



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EDITORIAL EDITOR: Ella Naseeb Ryan Ella.Ryan@cpimediagroup.com

#### ADVERTISING & SPONSORSHIPS

Mathew Tharakan mathew.tharakan@cpimediagroup.com 05 05 34 95 94

Kay Marham Kay.Marham@cpimediagroup.com 05 67 68 62 68

#### MARKETING

marketing@cpimediagroup.com

#### DISTRIBUTION & SUBSCRIPTIONS

info@cpimediagroup.com

#### DESIGN

Froilan A. Cosgafa IV

#### FOUNDER

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#### HEAD OFFICE:

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

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### EDITOR'S LETTER

#### Hello Mum!

I can't believe it's December already - 2022 has flown!



In this issue, you'll find an interesting piece on page 29, all about how to gently help any children who suffer with perfectionism and might be holding themselves back! I had the pleasure of interviewing Simon Crane, principal of Brighton College Dubai,

all about the English Language Support Programme that he will be running, designed for kids learning English as a second language (p.40).

December is full of festivities, so don't miss our round up on page 10, where we go through some of the most exciting festive events, markets and classes happening over the next few weeks, from assembling a gingerbread house, a snowy VR adventure, all the way to a winter market. There is something here for all the family!

On page 20, there is also a topical article on how homeopathy can boost your household's health during the colder season.

With families in mind, we dive into how the island of Thilamaafushi could be you and your loved ones' next slice of paradise. A twilight cinema, snorkelling through a beautiful coral reef, swimming in turquoise waters and walking on perfect white sand - this is one for your family's bucket list! Extremely accessible from the UAE, this might just be your next holiday destination. Check it out on page 43.

I've chosen my favourite festive beauty picks for you this month on page 47, including crisp winter perfume, skincare saviours and customisable party sandals that will keep your feet happy from day into night.

If you have been thinking about setting up your own business, check out the success tips article by Imidal Director, Alan Douglas on page 22, as it is full of wisdom for any new 'mumpreneurs'. To celebrate all new mothers who are planning to start their business in the new year, Imidal is offering the incredible prize of a free 'Starter Digital Business Card', worth AED 15,000 to one lucky reader! Not only this, 4 runners up will qualify for a whopping reduction of 50% discount, worth AED 7,500!

As usual, I won't give everything away here, I'll leave it up to you to discover this issue for yourself!

Happy reading!

Slla

Editor Mother, Baby & Child Magazine

### EDITOR'S —PICK—

#### GIFT YOURSELF THE ULTIMATE BEAUTY SUBSCRIPTION WITH LOOKFANTASTIC

What mum doesn't want the best beauty drops delivered to your doorstep?! This month I am delighted to bring your attention to the coveted LOOKFANTASTIC Beauty Box. It's a monthly subscription featuring unique themes for each box, bringing together the latest launches in skincare, makeup, haircare and more from over 850 global brands!

Carefully curated by the in-house team of experts, LOOKFANTASTIC's Beauty Box unveils a stellar mix of timeless icons, alongside premium new launches everything you need to refresh and upgrade your beauty closet. Each box boasts a handpicked selection of products, adding up to a total value worth AED 200 (or more). Subscriptions begin at 65 AED per month.

For more information or to sign up, visit www.lookfantastic.ae.

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#### MOTHER BABY CHILD AWARDS

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

New Bio-Oil<sup>®</sup> 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.

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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.

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### **EDITOR'S PICK**

#### ENJOY NEW FESTIVE FRAGRANCE WITH THE BODY SHOP

The Body Shop has launched two brand new scents to help you feel your most wonderful this season. Like a warm, cosy hug, the first is a new limited-edition Spiced Orange body care collection that promises to bring you pure comfort during the cooler weather. These skinloving treats are infused with orange rind essential oil, known for its relaxing properties. The fragrant offerings are topped off with the scent of baked spices and vanilla to immerse you in festive nostalgia.

For any mums who occasionally feel like escaping from the busyness of this season, now you can with the new limited edition Wild Pine body care collection. Infused with pine essential oil, this crisp clean scent will transport you to a fresh pine forest and help revive and clear your senses. Plus, the collection packs a serious moisture hit to soothe dry skin in the colder temperatures.

The Body Shop's seasonal gifts are available for purchase from any of The Body Shop stores across the UAE or online at www.thebodyshop.ae.



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Join our winter camp now

### Inspiring Young Minds



#### Our Winter Camp's fun and engaging activities include:

- VAE national day celebration
- > Mini World Cup football games
- Gingerbread house decorating
- > Christmas tree decorating

Winter Olympic Games

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- New Years' party
- Winter Olympic Games



### THINGS TO DO



A night at Dubai Opera; a festive market, baking classes for kids and more!



### IKEA'S WHOLE ROAST TURKEY FAMILY FEAST

While sharing a delicious festive meal with your loved ones is the stuff of happy times, the logistics of getting it all together isn't always part of the fun. Shopping, peeling, prepping, cooking, juggling the oven space, dealing with an ever growing pile of dirty dishes, with the pressure of getting multiple dishes just right can all add up to a lot of stress. Thankfully, IKEA's Whole Roast Turkey takeaway offer returns this holiday season! From now until December 31st, you can take care of the family festive dinner by simply pre-ordering the Whole Roast Turkey with Stuffing online. The Whole Roast Turkey weighs approximately 6 to 7kg and is infused with thyme and garlic. The takeaway is served in a grill pan with roasted vegetables, bread stuffing, turkey gravy and lingonberry sauce. This year, you can also order a side of mince pies.

This offer is valid until 31st December at a price of AED 399 and a special price of AED 349 for IKEA Family members. Available across all IKEA restaurants in the UAE, you'll need to place your order 48 hours in advance by visiting food.ikea.ae/ikea-restaurant

#### THINGS TO DO



### A TROPICAL FESTIVE ESCAPE WITH RIXOS PREMIUM SAADIYAT ISLAND



Still looking for the perfect festive family getaway? Experience a tropical escape with Rixos Premium Saadiyat Island with its pristine beach, fine white sand, and clear blue waters

while overlooking the Arabian Gulf. Spend time with your loved ones, re-connect with nature and indulge in exquisite gastronomic delights over the holiday period.

At Rixos Premium Saadiyat, the carefree all inclusive packages create a memorable luxury holiday that all the family will enjoy. You can take part in action-packed fitness classes in the wellness area, catch some rides at the wave pool or paddle-boards on the beach, play with the kids at the water park, embark on cultural discoveries in the heart of the capital, or simply unwind and relax at the luxurious Anjana Spa.

From the flavors of Italy at L'Olivio, going back to Japanese traditions at Aja & Teppanyaki, to the coastlines of Greece at Mermaid, the resort has a restaurant to suit every appetite. With special all-inclusive staycation packages, family brunch and dinner offerings at the resort's elite Turkish all-day dining Turquoise restaurant, this winter is the perfect opportunity to bring the family on a well-deserved adventurous holiday away from the city bustle.

Choose from rooms perfect for your family with the Premium King Pool access with a shared river pool or the Suite Room with stunning sea views, where you can enjoy an all-inclusive festive stay. Alternatively, hideaway in one of the Club Privè Villas with a private pool and sea view, 24-hour butler service, and an exclusive dining privilege at the Club House.

#### To book your festive staycation, phone (02) 492 2222 or email: reservation.saadiyat@rixos.com

### THE FESTIVE ROUND UP

Here is our round up of fun events happening this month where you can make the most of the festive season with your family and loved ones.

#### SOLVE A MISSION AT ESCAPE HUNT DUBAI



Escape Hunt Dubai's newest VR experience is one for all the family! With the release of their amazing "Christmas Story" VR game, Escape Hunt Dubai will take you to a winter wonderland. Adults and kids aged 12+ can enjoy the picture-perfect

whiteness without needing to dress in winter gear, as they race against time to finish this snowy mission.

*Location:* Galleria Mall, Al Wasl Road *Dates:* November 15 to December 31 *Price:* AED 120 (50% off all VR games until December 9).

For more information, visit www.escapehunt.com/ae/dubai.

#### MADINAT JUMEIRAH FESTIVE MARKET



Between December 15th and December 30th, The Madinat Jumeirah will be turned into a charming winter paradise for you, your friends and your family to enjoy. An enormous Christmas tree will be on display, as well as fun activities for everyone, such as bungee

jumping, traditional food stands, shopping and scenic rides along the twisting waterways, a North Pole Train and a Venetian carousel - there is something here to delight all the family!

*Location:* Madinat Jumeirah Fort Island *Dates:* December 15th-30th

*Times:* Monday to Thursday 3pm till late and Friday to Sunday 12pm till late.

Visit www.jumeirah.com/en/offers/category-offers/campaigns/ festive/dine/festive-market for further details.

#### GINGERBREAD HOUSE MAKING AT ORGANIC FOODS & CAFÉ

Calling all creative kids and gingerbread lovers! Organic Foods & Café will be hosting free festive gingerbread making classes for two days only, on Wednesday December 14th at 4pm and Saturday December 17th at 10:30am at their Cityland location.

The class includes all the materials needed for creating the gingerbread masterpieces as well as juice for each child taking part. Post class, every child that participates (as well as their parents!) will receive 20% off all food and beverages at the café where your family can enjoy some healthy post-class nibbles.

*Dates and times:* Wednesday December 14th at 4pm and Saturday December 17th at 10:30am *Location:* Organic Foods & Café Cityland, Dubai (Besides Global Village)

Call +971 56 455 4495 to make a reservation or to learn more.

#### KIDS FESTIVE BAKING CLASSES AT EAT & MEAT, THE H DUBAI



Your children are invited to get creative with some amazing holiday baking sessions, beginning on December 12. While the little ones are being watched over by a group of skilled cooks, parents can unwind at The Gallery Lobby lounge or Mandara Spa. The tiny master bakers will be able to learn how to make a range of delicacies, including

gingerbread houses and Christmas cookies. These tasty baked products can be sampled right away or taken home to share with all the family.

Location: Eat & Meat, The H Dubai

Age range: 4-12 years

*Dates and times:* December 12th-16th from 11am-12:30pm *Price:* Package of 5 classes per week, with customised chef jackets is AED 399 per child or AED 99 per class for one child.

Please call +9714 501 8630 and visit www.hhoteldubai.com/festiveoffers-2022/for more information.

### CELEBRATE THE MUSIC OF THE EAST AT DUBAI OPERA

A glittering month awaits you this December at Dubai Opera. Make a date with your family and friends to take in some of the best music of the East. The famous Dubai entertainment destination has an excellent line up that promises you a truly spectacular experience!



#### **GUY MANOUKIAN**

After his recent sold-out concert at L'Olympia in Paris and packed houses from Sydney Opera House, Greek National Opera, and The London Palladium, Guy Manoukian will return to his favourite venue at Dubai Opera. This master performer presents his new show, "Ya Ashikat-Al -Wardi", mesmerising audiences with his unique music that bridges modern and classical melodies of the East.

*Date:* 9th December *Price:* Tickets start from AED 275

#### LE TRIO JOUBRAN PRESENT "JUST LIKE US"

Three Palestinian brothers, descending from a family of Oud makers and players going back four generations, showcase their mastery and passion for this amazing instrument. Samir, Wissam and Adnan, known as "Le Trio Joubran", are performing their show "Just Like Us" for the first time at Dubai Opera. An enthralling journey, they combine music and passion with the brilliance and heritage of renowned Palestinian poet Mahmoud Darwish and his eternal poetry. This is art at its best.

*Date:* 11th December *Price:* Tickets start from AED 195

#### KING FAROUK

Dubai Opera presents a musical blast from the past, with His Royal Majesty King Farouk taking centre stage and revelling in the spotlight like never before, in a regal



celebration of the Golden Age's finest Middle Eastern music. Witness this huge celebration of dazzling performances, stunning music and illustrious figures brought to life.

*Date:* 12th December 2022 *Price:* Tickets start from AED 350

#### ARABIC-FLAMENCO DUO KAMAL MUSALLAM AND MERCEDES LUJÁ

A stunning showcase, this performance highlights both artists' musical cultures and deep traditions. Both are prominent performers of their respective musical heritage, with Mercedes mastering pure Flamenco guitar and Kamal fluently performing the Maqams on the oud. With diverse musical knowledge and a beautiful synergy between both artists, this show is unique and not to be missed.

*Date:* 13th December *Price:* Tickets start from AED 190

#### **KADIM AL SAHIR**

The Caesar of Arabic music, singer, composer and songwriter Kadim Al Sahir is one of the most successful singers in the history of the Arab World. He has sold over 100 million albums and held the most highly attended Arabic concert of all time. His reputation proceeds him and this month, he takes to the Dubai Opera stage to dazzle you, your friends and family!

*Date:* 23rd and 24th December *Price:* Tickets start from AED 550

For more information and to book your ticket, visit www.dubaiopera.com

### WELLBEING



Success tips for new mumpreneurs; the benefits of homeopathy for your family and more!



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### EXERCISING FOR MUMS TO BE

Exercise might be the last thing crossing your mind if you've recently become pregnant. However, it's a valuable practice with lots of benefits for mums to be.

Exercising while pregnant can have a really positive impact on your health. Throughout the pregnancy journey, regular exercise can help to keep you fit, improve your mood and manage your weight. It has been also shown to reduce the risk of blood pressure related conditions, among others, brought on by pregnancy. Avoid jumping right into a normal fitness routine though. Consult with your doctor first and research appropriate exercise plans.

#### REASONS TO EXERCISE DURING PREGNANCY

There is a long list of reasons to exercise during pregnancy. It has the potential to alleviate symptoms brought on by pregnancy and make you feel better in general. Naturally, it's also good for the health of your baby!

#### **Mood booster**

Getting a little bit of exercise done while pregnant can help you to sleep better throughout this challenging but exciting time. It can also give you an energy boost when you're needing it most. Countless studies have shown that exercise has an almost unmatched positive effect on your mood. With all of the hormonal changes during pregnancy, it's a great idea to move a little in order to manage your stress levels and prevent any bout of anxiety or depression.

#### Pregnancy can be a real pain in the back!

Carrying around your little one for months before giving birth puts a lot more strain on your back. Gently working out can strengthen the muscles in your back, giving you a stronger foundation and reducing back pain. It will also help with posture - which can be negatively affected in pregnancy. Exercise will also help mums to manage their weight as their body changes.

#### **Training for motherhood**

One less talked about benefit of exercising during pregnancy is how it prepares you for what's to come. It goes without saying that labour can be very physically challenging. You can give yourself a great chance of having a less difficult labour by trying your best to stay in shape in the lead up. It can also ensure that the delivery of your newborn is a little easier and that you bounce back more quickly after giving birth. Last, but certainly not least, putting in the work during pregnancy will make sure that you're well able for the physical challenges that come with being a mother of a new baby.



#### EXERCISING WHILE PREGNANT - WHAT'S DIFFERENT?

Exercising while pregnant is unlike any other time. Your body will be going through so many changes and it's vital to take these into account when considering a workout.

#### **Changes in weight**

A mother's weight will naturally increase during pregnancy to accommodate their new baby. Due to the baby bump, the distribution of weight will be unlike other times, making things like balance and coordination more difficult.

#### Heart rate and blood pressure

Your resting heart rate will increase while pregnant so it's best not to use heart rate as a

marker during exercise. Professionals advise that you listen to your own body and work out to a level that suits you, without pushing too hard. During the second trimester your blood pressure will drop, so to avoid dizzy spells try not to change position too quickly during exercise.

#### Loosening of joints

When a woman is pregnant, their body loosens up which leaves them much more prone to spraining or twisting joints. So be wary of any movements that may lead to this and tread carefully!

#### EXERCISING WHILE PREGNANT - WHERE TO BEGIN

Before starting on your pregnancy exercise routine, make sure to speak with your doctor

and any other relevant medical professionals that you're in contact with. They will know your specific case and be in the right position to give you exercise advice suitable to you. These initial conversations are crucial as they can flag any potential issues that you may not be aware of and you will know how to proceed safely.

If you were not particularly active before becoming pregnant, ease yourself into it. A great place to start is with less intense exercises, including walking or gentle swimming. Once you get used to this level of exercise, gently increase the amount and intensity to keep challenging yourself but not straying too far from your comfort zone.

If you are someone who regularly exercised prior to pregnancy, feel free to exercise up to seven days a week for at least half an hour. Don't overdo it though and don't exercise too vigorously. Aim for a medium intensity that doesn't tire you out too quickly but does make you work up a sweat. In all cases, listen closely to your body. Keep your doctor updated regularly on your activity levels so that they can guide you to continue exercising in a safe and healthy manner. If at any stage, you become uncomfortable during exercise, get in touch with them right away.

#### GREAT EXERCISES FOR PREGNANT MUMS

If you're wondering where to get started with exercise after becoming pregnant, there are plenty of great options.

#### Walking or jogging

A brisk walk or gentle jog will be sure to improve your fitness, while getting you out into the air. Take it slowly at first and allow your body to dictate the pace.

#### Swimming

Swimming is a great option during pregnancy. It provides a workout for the whole body and yet is gentle due to the lack of impact. Plus, slipping into the pool can be very soothing!

#### Cycling

Cycling is another great low-impact activity for mums-to-be. If you're at all concerned about balance or falling, you can still get pedalling on a stationary bike. It's a safer alternative and if you get too tired, you can stop at any time.

#### Yoga and pilates

Yoga and pilates are both brilliant ways to exercise, especially if you're pregnant. Some





poses may need to be adjusted but you can improve your strength and flexibility while also de-stressing.

There are lots of exercise classes that take place exclusively for expecting mothers. So check out your local gym to see what's available and you might meet some other mums on their pregnancy journey.

#### ACTIVITIES TO AVOID DURING PREGNANCY

There are a few activities that should be avoided during pregnancy for both the health of the mother and the baby.

#### **Contact sports**

It's necessary to avoid any sports that involve contact with other people or with objects. Examples of these include soccer, basketball and hockey. It's also worth avoiding sports where you strike a ball with a bat or a racquet, like tennis. The force experienced by your body in these may be harmful to your pregnancy.

#### Intense weightlifting

Lifting heavy weights can require that you engage your core quite a lot. It can also increase your heart rate quite dramatically during each repetition. While pregnant, it's best these are given a miss. If you still want to lift weight, do so with lighter weights with a higher number of repetitions to keep the intensity down.

#### Lying on your back

Many exercises require you to lie on your back, especially during yoga. The weight of your baby can restrict your blood flow while in this position. Most poses will have an alternative that you can do that doesn't involve lying flat on your back.

#### Balancing or avoiding a fall

Falling during pregnancy should be avoided at all costs and so should any activities that might cause this to happen. Examples include cycling outdoors (unless you're very comfortable on a bicycle), jogging on uneven ground or hiking.

#### YOU CAN DO IT!

Exercise is a key component of staying healthy during pregnancy and getting you physically prepared for both labour and the challenges of being a mother. It doesn't matter if you haven't exercised regularly before, you can start while pregnant. At all stages, consult with your doctor for exercise information tailored to you and your needs.

### **STAYING ON TOP OF YOUR FITNESS GOALS THIS SEASON**

The Embody Fitness founders talk about what they do, alongside ways to keep yourself on track with health and fitness during the colder months.

> Embody Fitness is a highly regarded members-only, results driven fitness destination, featuring in magazines such as Tatler, Vogue and Flair. Alongside their world-class team, they have an incredible track record of motivating mums and other clients to reach goals they may have only ever dreamed of! Founders James Miller and Sharare Hau discuss all things fitness and how to manage winter challenges.

#### Why did you decide to launch Embody Fitness?

(JM): As a busy working professional in the city of London, I struggled with my own health and fitness for many years. I gained weight, had low energy levels, slept badly and suffered from high levels of stress.

I couldn't find anywhere around me that provided a truly holistic and professional environment that would look after all the essential areas of my health, but that was also right for me and my body.

I was inspired by the Olympics in London in 2012 and saw first-hand how so many top athletes had different skilled coaches around them to help them perform at their best. I thought this model could be applied to people like myself, and hence I designed Embody Fitness, where for the first time, the coaches outnumbered the clients. With qualified experts in training, nutrition and therapy, it means every client has the best-personalised advice for their goals, and when clients see rapid results, this is highly motivating for them to continue.

#### What makes Embody different from a regular gym?

(SH): We don't call it a gym. Our approach and business model are about as opposite to a gym as you can get. Gyms often want thousands of memberships paid upfront, therefore they still benefit if you never turn up.

#### What does it take to really see results?

JM: Firstly, each person needs to have a strong motivation to want to change. Without this, it is very hard to achieve results. However, if the motivation is there, then we make it as easy as possible for our clients, by guiding them through every hour of the day, in their training sessions through to every meal they eat, their sleep quality, recovery and therapy.

#### How do you see the world of health and fitness evolving over the coming years?

JM: I think we will see way more choices for people to choose where and how they access fitness. I think digital accessibility will become a key component in most businesses. However, I also believe that most people will still want to access communities and facilities versus working out from home or alone, as we are sociable creatures who tend to prefer being part of a community, especially when it comes to exercise and fitness. I also hope the standards of professionalism and education across the industry continue to rise, benefiting everyone.

#### STAYING ON TOP OF GOALS DURING WINTER

The colder part of the year is traditionally a challenge to fitness and health goals. Some people celebrate





Christmas, and those who don't still have to contend with the abundance of festive treats on offer in cafés, restaurants and even at social engagements with friends. The winter temperatures condition us to reach for heartier foods and sometimes sugary or fatty snacks and hot sweet drinks. You are not alone if you find it difficult to maintain your fitness or eating regimen during the cooler months! Here are James' and Sharare's best advice on habits and tips to keep up with your goals, despite the weather and the festive treats on offer.

#### **Intermittent fasting**

Consider intermittent fasting, which is where you eat during a set window each day. It involves switching between eating and fasting at particular times, either stopping earlier in the evening or not beginning to eat until later in the day. By reducing the duration of time in which you can eat, you are less likely to overeat, which is especially helpful this season with the abundance of festive treats or wintery food and drinks. By starting to eat later in the day or equally, finishing eating earlier in the evening, people are less likely to intake more calories than they need.

#### The last week of the year

Most people don't do very much during the last few days of December. Many people have the time off of work, and regardless of work, not much is happening. It can be a real advantage to maximise the end of December leading up to New Years Eve. By keeping active and checking in on what you are consuming during this period, you remove the possibility of passively eating less well and also set yourself up with great habits for the new year.

#### **Prioritise movement**

Schedule time to exercise and stick to it. By

planning out when to get active, you are much more likely to actually do it. Even a few short walks over the course of the day can help you stay on track and keep the habit of moving your body.

#### **Drink water**

Staying hydrated is a little harder when the weather is cooler, but it's very important to remember. Increased amounts of sugary, fatty or fried foods can cause dehydration and fatigue, but electrolytes can make a huge difference to this. Getting electrolytes in with good water can keep your cells hydrated and ultimately help to reduce water retention, so you stay feeling light during the winter season.

Ultimately, it's important to find a health and fitness routine that you like and can stick to, one that works for your lifestyle as a parent and gives you the results you desire. The winter season is about enjoying yourself and being with family, but that doesn't have to mean not staying on top of your goals!





Mansi Khandelwal, founder of The Sleep Chapter, weighs in on the science behind these blankets and how they may impact your life and your family in unexpected ways. We all love to sleep well. It's one of the few pleasures that any new mother, busy parent or tired child can attest to. Yet, we often take it for granted. High-quality sleep is the cornerstone of overall wellbeing and longevity. However, hardly anybody truly experiences deep, restful sleep at all. In fact, statistics show that almost a third of the world struggles with sleep. That's a frightening number considering just how detrimental poor sleep can be in the long term. As a mother of two active children, I grew frustrated hearing so many of my loved ones complain about poor sleep, especially following the stresses of the pandemic. This led me to thoroughly research and eventually, develop my own weighted blankets. Long before it got into the hands of the Kardashians, weighted blankets were actually held as one of society's best-kept secrets. A therapeutic tool used by both

sleep specialists and medical professionals alike, they help patients with chronic pain, stress-related insomnia and acute anxiety to combat restless sleep. The science behind them is simple. By marrying the magic of a warm hug and a process called deep pressure stimulation, weighted blankets model the feeling of being held or swaddled. In turn, this releases stress-relieving hormones that lull the body into a deeply calming state, helping you to wake up feeling refreshed and ready to take on the day, which is beneficial for adults and children alike. Any parent who has woken up to a cranky kid in the morning can testify that there's nothing better than having your child wake up well-rested, happy and playful to start the day. Moreover, by rekindling the magic of restorative sleep, you can help yourself and your little ones improve focus, enjoy more positive moods, increase your energy and even better your eating habits. Here are a handful of ways a weighted blanket works its wonders.

#### **SLEEP QUALITY**

Sleep is more than just sweet dreams. Without quality shut-eye, we impact our ability to solve problems, react quickly, form memories and learn. Therefore it's imperative, not only to improve the quantity of sleep but the quality as well. By sleeping under an even weight, we trigger a physiological effect called 'DTP' meaning Deep Touch Pressure. This activates specific pressure points on our bodies and stimulates the production of Serotonin (a moodboosting hormone), lowers Cortisol (a stress hormone) and increases levels of Melatonin (a hormone that helps you sleep). All in all, this means you and your little ones are likely to fall asleep faster, sleep deeper and wake up feeling refreshed.

#### **ANXIETY AND FOCUS**

Studies show that interrupted sleep, even as little as an hour a night, can dramatically impact your ability to concentrate and focus. This can be particularly destructive for children, leaving them frustrated during the school day, more irritable overall and struggling to pay attention in class. This can lead to ongoing stress and anxiety as well. By incorporating a weighted blanket, children can benefit two-fold.

If your child is overstimulated, the deep pressure of a weighted blanket can put their autonomic nervous system into "rest" mode. This greatly reduces symptoms of anxiety, such as a quickened heart rate or breathing and provides



them with an overall sense of calm. This sets kids up to fall asleep but also stay asleep as well.

Moreover, by wrapping a weighted blanket around your little ones while they work on their task at hand, you can help activate their touch sensors, encouraging them to focus and become less distracted by outside sensory stimuli.

#### **BETTER FOOD CHOICES**

Sleeplessness often leads to bad dietary decisions. Studies indicate that we generally gravitate towards calorie-dense, fat or sugar filled foods after a night of tossing and turning. This is likely due to our brain and its processes being dulled from inadequate rest, enticing us towards comforting food choices. This results in quick, convenient, processed meals and snacks. Therefore, by integrating a sleep solution into your family's nightly routine, it helps you get the quality sleep you deserve and keeps your senses sharp. This helps your brain to stay on track with making the best possible decisions geared towards your overall wellbeing and removes the influence of a poor rest and energy from what your family chooses to eat.

#### ADHD AND AUTISM

If you have a family member who gets triggered by social interaction or has a hard time with self-control, especially when it comes to paying attention and sitting still, a weighted blanket can be an incredibly effective tool to help relax them into a more balanced state.

Studies have shown that by mimicking the warmth and pressure of a soothing hug, weighted blankets can not only calm down hyperactive bodies and minds but also help kids to better manage distractions and concentrate more easily.

#### **CONQUERING YOUR DAY**

By taking control of your night, you greatly improve the quality of your day. Imagine waking up everyday full of energy, ready to take on any challenges that await! That's the magic of restorative sleep. By boosting sleep, children and parents alike will wake up feeling happier, more productive and satisfied, ready to make the most of the day ahead.

This sleep aid has been surrounded by a lot of media buzz lately, thanks to glowing endorsements from celebrity mums like Kourtney Kardashian, who swear by the blanket's therapeutic properties. Studies show that for once, this 'in-vogue' item may truly live up to its hype, giving you and your little ones the support you need to say goodbye to energy struggles, brain fog and extra stress caused by tiredness. So give it a go and reap the reward of a truly restful night's sleep!

### HOW HOMEOPATHY CAN HELP YOUR FAMILY'S HEALTH

With winter upon us, we spoke to Dr Batra about how homeopathy can be a complimentary and safe way to boost the wellbeing of your family.



#### Tell us a little about yourself and your clinics?

I was born into a family of doctors. My mother studied traditional medicine, my father studied homeopathy - so I was exposed to both from an early age. After qualifying from the Bombay Homeopathic Medical College, I joined a charitable clinic. In my nine years there, I gained a lot of experience, renown and respect, which helped me get started with my own business.

In 1982 I set up the world's first computerised, branded homeopathy clinic and over the last 40 years, from that small clinic in Chowpatty, Mumbai, we have grown to 225 clinics in 133 cities and 7 countries.

#### What are the beliefs behind your brand?

Often people get confused between branding and marketing. Branding is about making people feel something, while marketing is about making them do something. Marketing speaks to the mind while branding speaks to the heart. My brand is not just a logo or a byline. It is an experience at every touch point. The Dr Batra's\* brand stands for trust, innovation and professionalism. We offer the best possible treatments and products under our brand and we work hard to keep these promises.

#### What is Homeopathy?

Homeopathy is a system of complementary medicine founded by Dr Samuel Hahnemann, a German MD doctor. Homeopathy uses a holistic approach to treatment. It considers each individual person's physical and mental constitution, to provide the right homeopathic remedy for you specifically. It gets to the root cause of your ailments, rather than only treating what shows up on the surface. Homeopathy can provide effective, long-lasting results and enhance the overall quality of a person's life.

The main principle is that like cures like. So, substances which produce certain symptoms in a healthy person can be used to treat a sick person with a similar set of symptoms. For example, when you chop onions, it gives you watery eyes and a runny nose. You may even sneeze and cough. This happens because of the onion's active substances. The homeopathic remedy, Allium Cepa, made from red onion, can help overcome a cold or allergy attack where you show the same symptoms - this principle is very similar to that of a vaccine.

#### How does Homeopathy work compared to allopathy or traditional medicine?

Homeopathy works like a vaccine, building natural immunity from within, while allopathy works on the principle of opposites, to kill bacteria and infections. Both systems of medicine have their advantages and limitations. While allopathy works well for infections and emergencies, homeopathy goes to the root of the problem to give long-term results in chronic cases, like obesity, hair loss, PCOS, psoriasis, vitiligo, acne, arthritis and many more.

#### Is Homeopathy safe for children?

Yes, homeopathy is safe for children, as homeopathic remedies are derived from plant-based ingredients, which have no side-effects. These medicines are designed to boost children's immunity in a safe manner. They allow a child's body to develop its own antibodies, resulting in fewer bouts of illness.

Homeopathy has proven to be effective in treating a wide range of health issues in children, from colic in infants to teething problems, aches and pains, colds, coughs, flu, and even behavioural issues. All in all, it is a very safe treatment option for children.

#### How is Homeopathy good for health?

Homeopathy is good for health as it is holistic and preventive in nature. It treats the mind and body as a whole and is therefore extremely useful in psychosomatic disorders like migraines, skin allergies, anxieties and depression. Since homeopathy also builds immunity, it is useful as a preventive measure, for both parents and children, especially in the winter months.

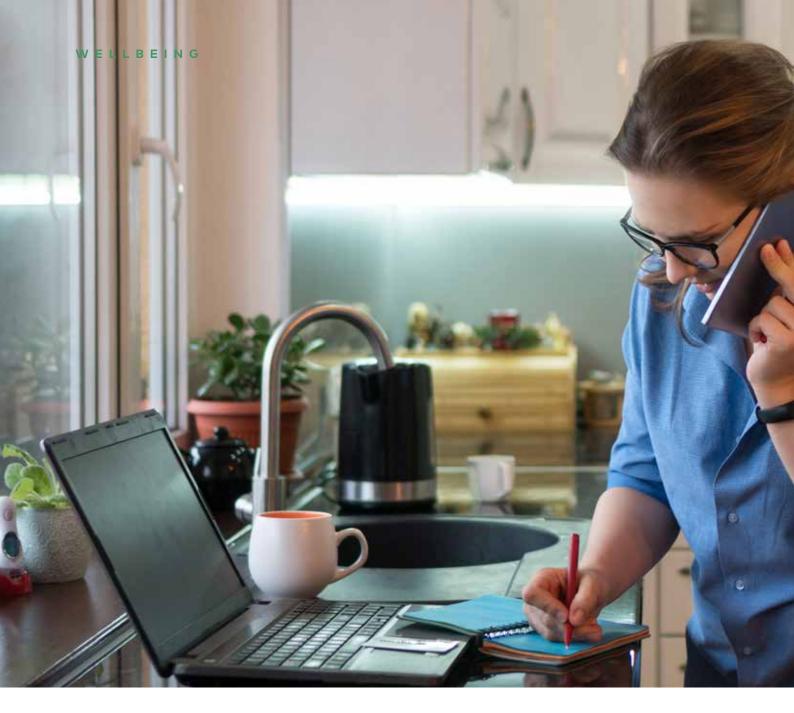


#### Tell us a little about your latest treatments?

We have always combined homeopathy with the latest technology. For our skin and allergy patients, we do a skin test from the UK which shows allergies within 20 minutes. These allergies are then treated through homeopathy. Similarly, we do a computerised spirometry to check the breathing capacity of patients suffering from asthma and breathlessness. We supplement homeopathic treatments with the latest aesthetic services for hair growth and skin and we have a variety of homeopathic facials for lightening, tightening and brightening of skin.

#### Is Homeopathy becoming more popular as people become more conscious of what they consume?

Yes! During the pandemic, many people experienced difficulties in their physical, mental and general wellbeing. I think this has encouraged a conversation around the need for conscious and healthy living. People are more aware of their health these days, especially when it comes to what their families consume. This is why many parents are leaning towards a holistic and natural approach, one that addresses both physical and mental issues. This is where the gentle science of homeopathy comes into play, offering a safe route towards health that is helpful to all the family.



### SUCCESS TIPS FOR NEW 'MUMPRENEURS'

If you've been thinking of starting your own 'mumpreneur' business, here are some great tips from Alan Douglas, Director & 'Chief Supporter of Moms' at Dubai-based business start-up digital growth specialists, Imidal.



There are endless possibilities that the online world provides for mothers who want to be based at home and run their own business. Many 'mumpreneur' ventures are 'virtual companies', meaning that they can gradually create a team of staff who work remotely. Adding to the allure is that mumpreneurs have the flexibility to attend their child's school events, look after them when they're sick, as well as be able to take care of family and personal errands during the day.

Alan Douglas, Director and Chief Supporter of Mums at Imidal says: Mothers are the best problem solvers in the world, which I think gives them some natural business advantages, as every successful business needs to 'solve a problem.' In this case 'problem' means an 'issue' that your customers have. Your goal is therefore to provide a solution for another person's...

- · Wants or desires
- Needs
- Frustrations
- Aspirations

Paying attention to what your ideal customer wants, needs, or aspires to have to solve their issues means that your customer will be happy, grateful and willing to pay for your product or service. Remember to focus on how your products impact your customers by using those customer needs within your sales copy, adverts, social communications and website. These are Alan Douglas's other tips for business success for mothers aspiring to run their own business in the new year.



#### Failing to plan is planning to fail!

Business success doesn't happen by accident - you need to plan for it. This is especially important as a busy mother with other demands on your time! A good starting point is to write an outline of each moving part of your business - the products, what it costs to produce them, how you will approach marketing (letting your potential customers know about your business), and how you will keep all of your accounting records - just to name a few! Do some research on your competitors and figure out their advantages / disadvantages over your business.

If your business is already up and running, then be sure to include business planning as part of your continual evolution as you move forward in each phase of your development.

#### Set aside a designated place for work

A dedicated desk or office-like space in your home goes a long way in helping you to respect your work/life boundaries and reminding your kids and spouse to do the same. Another



alternative is to base yourself in a co-working space, so you can keep all the flexibility you want while also having access to a workspace free from distractions... and toddler toys.

#### Create a routine and set a schedule

While having kids makes it seem difficult to schedule your time, having structure is the key. Make a daily routine that includes getting up before your family in order to take time for yourself or get things done. If you're looking for tools to better understand how you allocate your time, consider using a time management spreadsheet to schedule what you'd like to achieve each hour.



#### Set boundaries

Working from home can be a tricky prospect in many ways. You could either feel lonely without colleagues to collaborate with, or at the opposite extreme, it can be easy to think of yourself as 'always at work.' It's therefore important to set boundaries for yourself that include meaningful human contact with clients, suppliers and potential customers. In the name of boundary setting, also set yourself a reasonable bedtime. Aim to disengage from your computer at least a full hour before you go to sleep, as the blue light effect of digital devices can impact the quality of your sleep. This will also help you clear your mind of work before bed.



#### **Dress for work success**

Maybe it feels a little silly but getting dressed as if you were headed to work is good for your routine and helps you to establish your working mindset. Studies have also shown that clothing affects your work. Researchers found that participants in one study reported feeling more "authoritative and competent" when wearing formal business attire. Another similar study from Northwestern University found that certain clothing can influence the wearer's psychological processes. Plus, if you're already dressed for the part, an impromptu video chat with suppliers or customers won't suddenly catch you out!

#### Make yourself visible

At some point you may need to work with an accountant, staff, freelancers, or other suppliers, as well as maintaining contact with your key customers. If you work remotely it's therefore a good idea to show your face in person, via video Zoom and be available to any co-workers. This way, you're more likely to be better positioned to stay in the loop and to nurture the stronger working relationships you'll need to set you on your path to success.

#### The power of your business card

Imidal's Alan Douglas explains: In business, it's normal to get your business card into the hands of as many prospective customers and contacts as possible. Imidal's most popular



REPORT

#### ABOUT MELISSA



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CONTACT ME NOW

#### BABY CLOTHES



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your entire business using an instantly scannable QR Code. In many ways, it can be better than a website and gives your customers direct access to contact you through your digital business card. Enter this month's competition to win one!

Imidal's Digital Business Cards are actually an App and are literally a one-stop way for you to promote

product for mumpreneurs is the digital business card. The biggest benefits to mothers who start their own businesses is that they can share their business card on their social media and the information it contains can include links to a website, embedded videos, images of products, links to a contact page and other marketing materials, such as your social media platforms. The digital business card gives you lots of clever and engaging ways to be highly visible to your potential customers. I love the way this helps entrepreneurial mothers in particular, because their time is so precious.

#### Stay social

Working from home can be isolating, so it's a good idea to find local groups or networking events that help you stay connected to people in your industry with shared interests. Using a co-working space even once or twice a week keeps you engaged with other people and helps to stave off feelings of isolation. If you need to ask a supplier or a customer a question, make a call and talk to them, rather than sending an email.

#### Take daily time out

The life of a mother can be all-consuming, so it's easy to forget that you need personal time to help create a balance. Ensure that you make time to do the things that make you happy, relaxed, connected, beautiful, fun and healthy. It's important! This could be something like going for a manicure, meeting a friend for lunch, reading a book, going to the gym (or taking other exercise) or going for a massage. Focusing on looking after yourself and meeting your own needs helps to keep vou energised, focused and balanced. There is even neuroscientific research that says taking a little regular time out from work each day helps to keep blood flowing to your brain, which in turn helps you keep your stress levels down and boosts your productivity.



#### Avoid the kitchen!

This might sound like a strange tip to include in business advice, but it can be an important issue in time management. The constant access to the kitchen can pull your focus away from your business and instead use work time to do family meal prep or indulge in some snacking. Treat working for yourself as if you were working from any other professional office, plan your designated lunch time and prepare some healthy snacks in advance if you feel the need to snack as you work.

#### Final word - mobile first!

"My final advice for mothers who want to launch their own business is to think 'mobile first'," says the Imidal boss. He points out that video content has fast become one of the most popular ways for customers to consume content. In 2019, Google defaulted to prioritising mobile first indexing for every new website created. This means that websites that have great performance on Mobile, will now perform better in the Google search results. Supporting new businesses in their mobile visibility and digital presence is one the main responsibilities I have as 'Chief Supporter of Moms' at Imidal.



### **VOTE FOR YOUR FAVOURITE BRANDS!**

We are excited to announce that voting is now open for the nominated brands, baby products, stores, schools and more in the Mother Baby & Child Readers' Choice Awards for 2022!

### It's finally time! Readers are invited to get voting for a chance to win some fabulous monthly prizes.

#### VOTING 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 vote for 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 - voting 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** to show your love for the brands that mean the most to you in each category.

Thanks to the nomination stage, by looking through the nominees, you can find out about the brands that other mothers appreciate and you can get voting for your favourite.

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



How to support a perfectionist child; the best toys for gifting this year and more!



# THE PERFECTIONIST

Children who are perfectionists can suffer from their own mindset. We discuss how to spot perfectionism in children and gentle ways to help, improving their confidence and quality of life.

> Perfectionism is an often misunderstood problem that affects some children. If your little one is becoming a perfectionist, you may have seen some of the signs already. They may be unable to sleep because they've left something untidy and they may get overwhelmed and burst into tears from not being able to complete a task perfectly. It can be very difficult for them to get satisfaction from anything because 'perfect' can be such an unrealistic expectation. As parents, it's our responsibility to try to spot these kinds of things early and to do whatever we can to help our little ones.

#### THE PRESSURE OF PERFECTIONISM

There is a big difference between standards and perfectionism. If your child has high standards, and expects themselves to try hard and perform well, that's a good thing. If they're aiming to be perfect at all times, they're bound to be disappointed from time to time. The targets that perfectionists set are totally unrealistic.

To make it worse, they then pile extreme amounts of pressure on themselves to hit these targets. More often than not, they will miss these targets (because they're nearly impossible to hit) and they will focus entirely on what went wrong instead of celebrating what went right. To make matters worse, if they do achieve their goal, they will find it very difficult to acknowledge this achievement. They'll even put this success down to luck or a 'once-off', insisting that they won't be able to do it next time.

MOTHER, BABY & CHILD | DECEMBER 2022 | 29



#### PERFECTIONISM COMES IN DIFFERENT FORMS

Research suggests that there are three distinct types of perfectionism that your little one may be experiencing.

#### Self-oriented perfectionism

Self-oriented perfectionism is probably the type we all immediately think of when we hear the word 'perfectionism'. The child in this case will set almost impossible goals for themselves and expect to achieve them. They will be very disappointed when they fail to reach these unreasonable goals.

#### **Other-oriented perfectionism**

In other-oriented perfectionism, the child will have very high expectations for others. They will expect others to perform to an unrealistic level with no real room for deviation.

#### Socially prescribed perfectionists

A socially prescribed perfectionist believes that others have these irrationally high expectations for them. This could be a parent, a teacher or a sports coach. The child may think that the adult in this situation is presuming that they will reach some extreme standard and will be deeply disappointed if they fall short.

Children may suffer from any or all kinds of perfectionism and it can genuinely affect their quality of life.

#### HOW TO SPOT PERFECTIONISM

There are lots of telltale signs of perfectionism that you may be able to use to identify whether or not your child is a perfectionist.

Your little one may:

- ✓ Be very sensitive to criticism
- ✓ Be hard on themselves and others, and embarrass easily
- ✓ Find it hard to make decisions
- ✓ Get anxious around failure
- ✓ Procrastinate to avoid challenges
- Struggle to complete tasks because they can't do it perfectly
- ✓ Be eager to please

#### WHERE DOES PERFECTIONISM COME FROM?

Research has shown that there are a number of factors that can contribute to perfectionism.

#### Parenting

When we praise our children for achieving things, we should avoid putting too much weight into it. We can be happy if they've done well but they shouldn't feel undue pressure to succeed. Similarly, if they fall short we should let them know that that's okay and that success isn't all that's important.

#### Self-esteem

Children who struggle with self-esteem often strive for perfection because they feel that they don't have any value of their own. They may feel that their only value comes from their accomplishments.

#### Social media

Social media depicts perfect people living perfect lives. It's easier for adults to see through this but it sets unrealistic expectations for children. They find it much harder to understand that a celebrity or sports star is just a normal human being with their own flaws too. Many children become perfectionists by trying to replicate what they see online.

#### School

There can be a huge amount of pressure on children to get good results in school, whereas the focus should perhaps be on their effort. This pressure pushes them to aim for results that may be genuinely out of their reach, leaving them constantly disappointed.

#### EFFECTS OF PERFECTIONISM

Perfectionism can have strongly negative effects on the development of your little one including, but not limited to the following:

 They may develop anxiety over making mistakes and fear of trying new things



- They may experience much more stress, causing them to suffer emotionally and even physically
- They may hide their emotions because they're afraid of being seen as anything other than perfect
- The never-ending pressure of perfectionism means they are more at risk of mental health problems

#### WHAT CAN PARENTS DO TO HELP

Thankfully, there are ways that we can help our little ones tackle perfectionism.

#### **Effort over results**

A great place to start dismantling your little one's struggles with perfectionism is to make sure that you focus on their effort over their results. It's much more important that your child applies themselves and tries as hard as they can, than what results they get. Communicate with your child and let them know that all you want is for them to do their best.

#### How they talk to themselves

Working with your child on how they talk to themselves will help them to rebalance. If your child is a perfectionist, you may have noticed that they perform a lot of negative self-talk. You can step in and encourage them to speak in a nicer manner. If they're struggling to comprehend, ask them if they would speak so harshly about their sibling or parent.

#### Self-esteem

Help your child to do things that make them feel good. In particular, try activities that focus on having fun rather than achieving anything. Positive experiences like this, with the pressure taken off, will increase your little one's self-esteem.

#### We can't control everything

A big lesson that a young perfectionist needs to learn is that there are some things that are out of their control. Encourage them to try their best and see what happens. Explain to them that there are many aspects of every situation that can't be controlled. For example, "You can't control what test scores the other children are going to get. All you can do is your best."

#### **Parental expectations**

As parents, we have high hopes for our children. We want them to do well and succeed in life. But we should avoid heaping these expectations onto our children. They may feel totally overwhelmed and not be able to handle this level of pressure.

#### **Dealing with failure**

Talk to your little one about how best to handle failure. Showing them how to express themselves, and how to express their disappointment if something doesn't go to plan, will help them to get over failure and not dwell on it for too long.

#### Talk about your own failures

One excellent method for helping your child to deal with these challenges is to talk to them about your own failures. You can tell them about that exam you failed, or when you went for something and it didn't really work out. The moral of the story is that nothing bad happened and that you're still a good person. Failures happen and that's okay.

#### **Realistic goals**

Sit with your child and assist them in coming up with realistic goals for anything that they're working on. Teach them the issues with setting unrealistic goals. This will help to steer them away from perfectionism and show them what normal goals look like.

#### PERFECTIONISM IS AN OBSTACLE NOT A PATH

As before, there is no problem with high standards and lofty goals. They can be achieved over time with plenty of effort. Perfectionism will actually get in the way and prevent your little one from achieving their dreams. If you feel that your child is really struggling, consult with their doctor. They will have plenty of advice on how to help your little one to cope and strategies to move forward.





NEW

**GET THE ENERGY BOOST** YOU NEED TO WORK AND PLAY.

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### DEVELOPING CONFIDENT AND CREATIVE LEARNERS WITH MAPLE BEAR PRESCHOOLS

This month, we look at the global success story of the Maple Bear brand. Maple Bear offers play and inquiry-based early childhood education, delivered through a Canadian trilingual curriculum in English, French, and Arabic.



Today's parents are highly conscious of the importance of quality early childhood education and care, and work hard to seek out environments and experiences that encourage creativity, confidence, and independent thinking in their child.

With a unique preschool program designed to educate the whole child - physically, intellectually, emotionally, and socially - it is no surprise that Maple Bear has become the trusted choice of parents in over 35 countries over the past 15 years, and is the largest and fastest growing international education brand around the world today.

Along with a proprietary curriculum developed by experts from one of the highest ranked education systems across

OECD countries, Maple Bear nursery and preschool facilities are purposefully designed to create environments in which learning opportunities are primed. While maintaining strict standards on guality of resources, materials, play equipment and pedagogical standards, Maple Bear emphasises program localisation in every school and region, recognizing that building connections with the learning environment is a critical component of a holistic education. The focal point of the Maple Bear early childhood program is nurturing positive self-image and encouraging children to see themselves as capable and competent learners.

In the UAE, the Maple Bear Nursery network includes 8 preschools across

Dubai, Abu Dhabi and Sharjah. Along with the English immersion and French language program developed by the Maple Bear faculty, students here are additionally enriched through the locally developed Arabic curriculum based on Canadian language immersion methodology. In preparing students for a global future, the Maple Bear program integrates socially conscious thinking and behaviour, both in the curriculum as well as in day to day aspects of school administration. Students also benefit from continual emotional intelligence and mindfulness programming that teaches them to recognise their emotions, stretch their minds, and strengthen 21st century skills like critical thinking, creativity, and collaboration.

## THE JOY OF TOYS WITH BABYSHOP

For December, we have put together a helpful gift guide for mums, to take you through the toys available at Babyshop, a brand that always has mothers in mind!

With the festive season upon us, many parents are thinking about presents for their little ones... and it can be hard to know where to start. We have compiled a list of the best toys available at the moment at Babyshop to help you spread the joy of toys this year!



#### RAINBOCORNS BIG SURPRISE UNICORN RESCUE

Let your child hatch open their Rainbocorn to reveal their poorly plush toy and over 25 magical surprises! There are 3 Unicorns in need of rescue each - Disco, DJ and Daxelle - and part of the excitement is finding out who they have. Kids will love erasing the Unicorn's magic heart to reveal what's got their Rainbocorn feeling blue, and then using the fun accessories, like a healing wand or magical slime, to nurse them back to health.

Suitable for girls aged 2-8 years and available for AED 249.

#### COCO SURPRISE SQUISHIES BY ZURU

Little ones can squish, squeeze, cuddle and play with the cutest family of coco squishes. There are six soft, adorable puppies to collect who are perfect for hugging or even using as a pillow. They are Bingo the Dalmation, Hypa the Husky, Mochi the Corgi, Mishmosh the Poodle, Buzzy the Pug and Bongo the Bull Terrier. Every Coco Squishy has its own distinct look and unique personality to delight little ones in six different ways and the full set of 6 is available together at Babyshop.

#### Suitable for 2-6 years, boys and girls and available for AED 79.





#### MAGIC MIXIES CRYSTAL BALL PLAYSET

Let your child create mesmerising magic with the wave of a wand using this playset. The set comes with a crystal ball and a wand so that kids can cast a spell and create a fortunetelling pet inside the crystal ball. The fun continues once little ones remove their new pet from the Crystal Ball, as they can use the magic wand to interact with their new Magic Mixie performing different spells, playing an interactive fun game together and having their fortune told by their cute little creation! Kids will love to nurture their Mixie and hear them react as they build a magical friendship together. Excitingly, little ones can also use the Crystal Ball as a Night-Light for a magical bedtime routine!

Suitable for 4-8+ years, boys and girls and available for AED 599.



#### LITTLE LIVE PETS MAMA SURPRISE PLAYSET

This playset is a fun pick for kids who adore pets. It encourages children to nurture the guinea pig mama by patting her, feeding her and brushing her to make her heart light up. Once done, your little one can place her back in the hutch where she can reveal her babies. It makes a splendid choice of gift for a special kid for a festive occasion.

Suitable for 3+ years, boys and girls and available for AED 399.



#### SQUISHMALLOWS SOFT TOYS

Amaze your daughter with this squishy beanie soft toy and let her develop her interpersonal skills. The detailed features give a realistic feel to your child and lend the squishmallow a cosy feeling. Furthermore, the beanie is made from durable and soft material that is safe for girls as young as two years old. Ultrasoft, plush, colourful and unique characters, with unique names and personalities, will delight your little one.

Suitable for 2-8 year old girls and available for AED 49.



#### CANAL TOYS MAGICAL POTION SLIME DIY PLAYSET

The So Slime DIY Magical Slime Potion Maker lets kids create ten magical slime potions in a real cauldron, providing hours of fun! It also comes with a potions guide, full of fun slime recipes to help little ones. When they follow the potion recipes and combine their magic slime powders, it makes three different surprise slimes - no glue involved, or mess to clean up. Simply add water and stir for an original DIY slime recipe, with a magic twist.

Suitable for girls aged 6-8+ years and available for AED 29.

#### **ZURU MINI INTERNATIONAL SET**

These minis are perfect for children to collect and swap or even roleplay in their own mini-toy world. Made from quality material, this set will keep your little one entertained for hours, with even more of their favourite toy brands made mini, and over 120 to collect. Kids will love unboxing all new minis, including super rares, gold minis and even glow-in-the-dark minis too. They can even create a little shopping world with mini accessories, including bags, wheelie baskets, carts and shelves to create their own mini toy store.

Suitable for 4-6 year old boys and girls and available for AED 59.

#### BERG NEXO FOLDABLE SCOOTER

Add to your little one's joy by getting them this attractive ride-on from Berg. The handlebar height is adjustable and you can easily fold it and take it with you. The steering lock is adjustable and the non-slip surfaces on the handlebars and foot plate gives an extra-firm grip. Showcasing a sleek design, this 3-wheeled scooter offers extra stability and is a designer scooter for your child to enjoy for years to come.

Suitable for 2-12 year old boys and girls and available for AED 359.



#### X-SHOT SKINS MENACE ASSORTED BLASTER TOY GUN AND DART SET

Using a new state-of-the-art printing technology, X-Shot Skins is the first custom-designed blaster that brings the in-game experience of skinning your blaster to your son's playroom. The X-Shot Skins Menace comes in 7 unique skins. Small but mighty, it has a single dart capacity with easy reload and an additional bottom 2 dart storage to keep your child stocked for battle. X-Shot Skins include new and improved Air Pocket Technology Darts for a further, faster, and more accurate shot. This set comes with one X-Shot Skins Menace blaster and eight Air Pocket Technology foam darts.

Suitable for 4-8+ year old boys and available for AED 39.

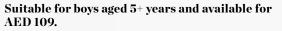
#### LOTUS SOFT BODIED POSEABLE GIRL DOLL

Young girls will adore playing with this well-detailed doll. The doll comes in a smart outfit with leggings, a jacket and cute boots. Children can try giving the doll a new hairstyle. The doll is poseable and soft-bodied, meaning it can be brought around with ease, even for a younger child, while the material makes it perfectly safe to cuddle and carry!

Suitable for girls aged 4-8 years and available for AED 119.

#### AKEDO POWER STORM WARRIOR COLLECTOR PACK PLAYSET

Building on the Power Storm Giant Figurine, this will keep your child entertained by fighting like a warrior with a cool collector pack set. With this, your son can store and display 18 of his favourite warriors in this retro arcade collector case, and even put a warrior on the built-in controller on the front of the case to practise his moves. The playset is also guaranteed to contain the exclusive warrior, End Code, who glows in the dark. An ideal pick to fire up your son's imagination!





#### L.O.L. SURPRISE! MINI SERIES FASHION DOLL PLAYSET

Made in a miniature size, each doll is an exact replica of the 10-inch L.O.L. Surprise fashion doll. The diva inside is musical and features a colour change surprise, alongside a signature accessory to complete the fierce look. Your daughter will love dipping the mini in water and discovering its alternate look. The package opens into a playset - your child can open each ball and explore a multi-room playset that reflects the personality and style of their dolls. There are 11 outrageous minis for little ones to collect and create their own miniature L.O.L. Surprise! OMG world.

## Suitable for girls aged 4-8 years and available for AED 59.

#### BLAZIN KALEIDOSCOPE 22 COMPLETE MINI CRUISER SKATEBOARD

Your child will love using this skateboard! The classic cruiser shape and small size make it easy to manoeuvre corners with ease, while the chrome bearings and aluminium trucks give a smoother ride and better durability. Additionally, the sturdy, stable deck is durable and strong and the classic waffle top deck gives plenty of grip. Hours of fun for little ones!

Suitable for 4-8+ year old boys and girls and available for AED 149.





#### SHIMMER & SPARKLE SQUISH MAGIC DIY BUBBLE BANDS PLAYSET

Allow your daughter to create cool sensory bracelets which she can stack and squish with the help of this playset. This is an ideal gift to keep your child engaged in hours of sensory play. The set comes with all that you need, including a twoprong loom, 1 mini weaving hook, 100 latex-free squish bands, 15 C hooks and an easy-to-use instructions leaflet. These super stretchy bubble bands will provide kids with hours of hands-on sensory fun and are suitable for ages 6-8 and up.

## Suitable for girls aged 6-8+ years and available for AED 89.

Some parents have a shy child who prefers imaginative play, some have a child who likes using their hands or getting active. No matter the temperament and unique personality of your little one, whether you have daughters, sons or both, there is an ideal toy for every child this festive season at Babyshop!

# EDUCATION



We dive into the new support programme for kids learning English as a second language and how best to help children with homework!





# HELPING YOUR CHILD WITH HOMEWORK

Homework can be a real problem for so many children. Let's look at a few ways to set them up for success and how to help them if they are struggling.

After a long day at school, the last thing children want is to open up their books again and do more work. They'd much rather play or talk to their friends, and who can blame them? Generally speaking, homework is necessary and beneficial so it's down to us to help make it a more manageable task for our little ones.

#### ROUTINE IS EVERYTHING

When it comes to homework, routine is key. If it becomes a habit, it's far less likely to be an issue. Try to get your child to start their homework at roughly the same time every day. One of the best approaches is to give them a snack once they get home from school and then encourage them to get started. This little break and a small amount of food will power them through the last bit of work for the day. Starting at the same time helps to build the habit and it will soon become normal.

Providing your child with a dedicated workspace is also a good idea. Studies have shown that children complete their homework more effectively if they do so in view of others, such as in the kitchen. So a dedicated workspace in this case can simply be an area of the kitchen table that is free for them during homework time.

The next way to help your child manage their homework is by working with them to come up with a consistent approach. One example is making sure that they have all the necessary books and materials for each subject in their workspace before they begin. Having to run off to get a forgotten book can interrupt the flow and slow the whole process. This way every time they sit down to do homework, they know where to start!

#### MOTIVATION

It's a real shame that the word 'work' is in 'homework'. It's no wonder children dread it! If you can help your child to reframe homework as learning, and not work, they may find it easier. You can show them the joy of learning and how it doesn't have to be miserable. Perhaps then they can look at homework as an opportunity to learn more about the topics they are covering in school. Avoid offering rewards for completing homework. The aim is that they do it to learn and improve, not to earn something from you.

## WHAT IF THEY GET STUCK?

It can be hard to watch your child really struggle with their homework, particularly as they get older and it gets more challenging. It's helpful to sit with them and talk as they tease out the solution but try not to give them the answer. Feel free to offer advice but be careful when it comes to actually teaching them. If you show them a method that their teacher doesn't use, it could confuse them further!

With these tips, you'll be able to help make homework time much less of a worry for your little one!

## ENGLISH LANGUAGE SUPPORT PROGRAMME AT BRIGHTON COLLEGE DUBAI

The new English language support programme is a course designed to help children in Dubai who are learning English as a second language.



We delve into this innovative new learning programme with Simon Crane, Head Master of Brighton College Dubai, looking at what it involves and what the benefits are for your child. Firstly, we examine the benefits of learning a second language at a young age.

## THE ADVANTAGES OF A SECOND LANGUAGE

When children learn a second language, it is extremely beneficial for their minds.

Studies indicate that acquiring a second language, especially one that children must use daily, leads to youngsters who are much better able to maintain their concentration, staying focused despite outside interruptions and distractions than their peers who are monolingual. This strength gives little ones distinct cognitive advantages, allowing them to stay 'in the zone' for greater lengths of time, which sets them up to achieve their potential academically and find success in a school environment.

#### THE BENEFITS OF LEARNING ENGLISH

English is the most widely spoken language in the world, with more than 1.5 billion speakers around the globe. By supporting children in acquiring English as their second language, you'll be giving them access to a global community and the ability to communicate effectively in every continent. Aside from helping them to settle into new friendship groups and learning environments in Dubai, it also opens up many opportunities for travel and employment around the world in their future lives.

#### SUPPORT YOUR CHILD IN LEARNING ENGLISH

Simon Crane shares everything you need to know about the new English language support programme happening here in Dubai.

#### What is the programme?

The English language support programme is designed to cater for pupils who have started school this term but are struggling to access the curriculum as well as they wish to, due to being new to learning English. It is to support pupils who feel they would benefit from some additional lessons and activities to speed up their language acquisition.

#### Who is it for?

The programme is designed for pupils from 5 years old to 11 years old who have very little experience learning and using English in a school setting. It is open to pupils who attend Brighton College Dubai but also to the wider Dubai community, so all children are welcome to attend.

## What are the aims of this course?

The aim is to provide intensive English lessons, in small groups for accelerated learning. These lessons have been personalised to target the pupils' next steps in learning, to help them build confidence in speaking, listening and using English in the classroom.

## What kind of activities will the children be doing?

The children will have a full day of activities. The schedule includes fun phonic sessions, sentence building, drama and role play, language games and writing sessions, with break and play times built in too. For language acquisition, it's particularly important that children enjoy the experience and feel safe and comfortable in their learning environment. It takes courage to attempt to communicate in a second language, so we make sure activities are fun and the children get lots of support and encouragement.



## What are the main benefits for the children involved?

Initially, children would undertake some assessment tasks designed to find out what level their English skills are at currently. From there, the teacher can develop a plan of activities that would provide the next steps for their learning. This very personalised approach means that the children can develop skills at a pace and level suited to them, ensuring that they have a stress-free learning environment and feel happy about their achievements, which serves to motivate them further.

## Who will be teaching this programme?

The programme is taught by experienced and knowledgeable Preparatory school class teachers at Brighton College Dubai with the support of a teaching assistant.

## What did you learn by running this programme in October?

All the pupils in the October programme made recorded progress during their four

days. They developed positive relationships with each other, and it was evident that they really started to blossom in an environment that was focused on their needs. Often, the transition between countries can be difficult and rather overwhelming for children, who must acclimatise to a new school, new peers and additionally a new language. Giving them a calmer and more comfortable space to learn was a definite advantage and seeing happy and more confident English speakers was a great reward at the end.

## Do you plan on running these courses throughout 2023?

We will be running the English Language Support Programme regularly as we feel it is something that children in Dubai truly need and will benefit from. The next course will be from the 13th -17th February, with other dates to be confirmed during the school breaks in 2023.

#### How can parents find out more?

More information can be found by emailing us at englishschool@brightoncollegedubai.ae

# SCHOOL & FAMILY BREAKS



This month we examine the delights of Thilamaafushi island, for the perfect family holiday!





## FAMILY PARADISE ON THILAMAAFUSHI ISLAND

Looking for a once-in-a-lifetime, cross-off-the-bucket-list, magical and unforgettable family holiday? Then don't think twice and head straight to Le Méridien Maldives Resort & Spa with your children and loved ones!

The Maldives - who hasn't heard about them right? Let's look at how a luxurious resort can offer families a truly magical holiday together.

#### **GETTING THERE**

From the UAE there are several options to fly direct - the most pocket-friendly option is Wizz Air. There is one flight a day that lands in the evening, which means that you will need to spend one night in a hotel near Male airport and take a seaplane to the resort the next day. This is a simple 35-minute ride, full of spectacular views of tiny islands surrounded by stunning turquoise water - divine!

#### LE MÉRIDIEN RESORT & SPA

Hidden away in a secluded pocket of Lhaviyani Atoll, Le Méridien Resort & Spa Maldives is located on Thilamaafushi island, which translates as "island surrounded by vast lagoon", indicative of the serenity it offers.

The resort's design is inspired by the Maldives archipelago, its unique topography, reefs and vibrant marine life. This blueprint is fused with Le Méridien's mid-century and Bauhaus philosophies to present a concept resort that unites art, renewable materials and industrial design.

#### THE ACCOMMODATION

The main villa is nestled within a discreet island alcove and is perfect for families in

search of a secluded hideaway. Swaying palm trees provide privacy around the villa, while fresh ocean breezes flow through the villa's three bedrooms, three bathrooms and alfresco living spaces.

The resort also offers two-bedroom overwater villas with a pool, where the ocean is always in view from the two sundecks; one complete with an infinity pool and the other featuring a hammock suspended overwater. Designed especially for families, the villa features two king beds, an interior interconnecting door, two ocean facing bathrooms and a well-appointed living room. Located on their own stretch of beach, they are surrounded by tropical gardens with stunning views across the ocean.

#### A FEAST FOR YOUR TASTE BUDS

No holiday is complete without delicious food! Le Méridien has a variety of incredible dining options, with something for all the family!

#### Riviera

This is a beachside bar and restaurant with an oceanfront infinity pool and a private beach, that offers Mediterranean specialties. If you love seafood, this is for you. The small plates include dishes such as juicy French Pernod Flamed Oysters, with spinach and caviar, or Gambas Al Ajillo, Armagnac splashed shrimps with garlic flakes, sweet paprika and cayenne pepper, and Pulpo Gallego, a garlic and paprika marinated grilled octopus, with fennel and lemon wedges.



#### Velaa Bar & Grill

Treat your family to dinner at Velaa Bar & Grill, where you can savour fresh seafood, meats and woodfired delicacies. The chic venue also offers a kids' menu with delicious dishes that little ones will love, such as air-fried chicken, turkey BLT wraps and vegetable quinoa pizza.

#### Turquoise

Indulge in a breakfast at Turquoise, an eclectic restaurant that features international dishes, freshly prepared juices, seasonal fruits and brewed coffee. For kids, there is a special breakfast menu available 24 hours that includes delightful dishes such as Belgium waffles, pancakes and eggs your way. There is also a dinner menu with a special beach barbeque that includes a sumptuous selection of grilled seafood, fish and meat.

#### Tabemasu

For those who love Asian food, dinner at Tabemasu is a must. This venue offers a distinctive dining experience where art, design and gastronomy are fused to create a playfully stylish dining experience. Give the Omakase menu a try, which offers the chef's personal interpretation of traditional Japanese cuisine, all the way to modern food with a French twist. Luscious delicacies such as Hamachi ceviche, Hinadori gyoza and Wagyu beef make this a truly special dining experience. The restaurant also features a children's menu that includes furai chicken and chips, yaki udon (beef, cabbage, carrots and spring onion) and vanilla ice cream.

#### THE KIDS' HUB

The Kids' Hub is a creative space that teaches children about the island's abundant flora and fauna, thriving on land and in sea. Through an educational and entertaining program that nurtures discovery and conservation, the Kids' Hub aims to engage young minds via a thoughtfully curated program that invites aspiring inventors, junior culinarians and little culture-seekers into an immersive world where toying, tinkering and free-play are celebrated. The Kids' Hub offers a weekly fun-filled schedule with outdoor activities allowing children to experience the authentic Maldivian spirit: marine biology, aqua adventures, Maldivian dance lessons, Bodu Beru lessons, gardening, shell collecting, palm leaf art, coconut bowling, treasure hunt, nature walk, beach fun games and sand sculptures making.

#### MAKE MEMORIES TOGETHER

The resort hosts a variety of amazing activities that families, kids and individual parents can try. There is such a range that all personalities will find an experience that they absolutely love.

#### For water lovers

There are so many water-based activities to take part in, including kayaking and snorkelling around the House Reef, where you can observe the incredible beauty of the Indian Ocean and the natural habitat of hundreds of tropical marine life. Or perhaps take a sunset dolphin cruise. For animal lovers, the cruise is a must, complete with a marine biologist on board to educate you about these intelligent mammals.

#### Enjoy a twilight cinema

Another truly enjoyable activity that your family has the chance to experience is a 'twilight cinema', set against the backdrop of the night sky. You can choose from a selection of classic and contemporary movies to watch on a big screen - how relaxing!

#### Relax with a spa day

Explore Spa is a tranquil sanctuary to refresh, revive and immerse you in the magnetic energy of the Indian Ocean lapping underneath. The interior spaces have been created to foster calmness and relaxation, while the wide variety of treatments have been designed to stimulate, engage and invigorate the senses. Children from 5 to 12 years old can also enjoy bespoke treatments such as a 'magic massage', 'fabulous facial', 'twinkle toes' and 'mani makeover'.

Try the Balinese massage, which uses a combination of ancient therapeutic techniques to work deeply to relieve muscles and joint pain, break down knotted tissue, and promote harmony between the body and mind, aiming to give thorough stimulation to the soft tissues. As you lie down on the massage bed, you will see the sea as the floor is crystal, which is truly such an unforgettable touch! The massage promises to leave you super relaxed, energised and stress-free. After it, you will be taken to another room where you are free to lie down on a bench and enjoy a warm cup of tea.

#### The green house

Make sure to check out the Green House during your stay, the largest hydroponic garden in the Maldives. Here, your family can be taught all about the different varieties of vegetables that grow locally and the importance of hydroponic farming practices in an island formed nation, alongside the benefits of composting and how hydroponic practices can produce fresh and healthy food for us and the planet. The Greenhouse is a blueprint for the resort's food menus and provides a physical link between the plate and the Executive Chef's mindset – one not just occupied with creating beautiful food, but with the origins of the ingredients used.



#### **Aqua aerobics**

Aqua aerobics is a fantastic way to get fit, feel good and have fun. It helps you to tone muscles and improve flexibility, but in the buoyancy of water to provide your body some extra support. The class is very welcoming and friendly and all levels are encouraged to join in the fun.

#### Art Jam

Art Jam is a creative arts space aimed to educate and inspire guests during their stay through a dynamic mix of art programmes presented by Maldivian artist Saeed Ahmed. Saeed gives some instructions on the main painting techniques and guests are invited to paint their own coconuts, a chilled out, quirky and calming experience.

#### Sunrise yoga

If you are in the mood to wake up early while on holiday, don't miss sunrise yoga at 6am. The class is suited for all fitness levels, and is the perfect way to kick-start your day with energy, gratitude and motivation. Additionally, as you lie on your mat, you will have the breathtaking views of the Indian Ocean as the sun begins to appear... pure magic!

Le Meridien Maldives Resort & Spa is the ideal place to enjoy a spectacular family holiday that your children and loved ones will keep in their memories forever. The resort boasts truly attentive service that goes above and beyond to cater all your needs, the most extraordinary turquoise sea water, pure white sand and plenty of fun activities to keep the whole family entertained. A real slice of paradise!

Where: Le Méridien Maldives Resort & Spa, Thilamaafushi Island.

**Price:** The villas start from \$600++ (AED, 2,204) for double occupancy and including breakfast.

For more information and to make a booking, call +960 400 8888 and visit the website or Instagram.

## GOOD LIVING



This month we check out customisable footwear; skin saviours to give you a winter glow and more!

# FESTIVE BEAUTY GUIDE

Here are this month's picks for beautiful skin, unique perfume and the perfect footwear for the festive season, so you can socialise in comfort and style!

## **STAY SERENE WITH WHITE TEA EAU DE PARFUM FROM ELIZABETH ARDEN**

Tea has a reputation for being a refined drink and white tea in particular comes with an extra level of sophistication. As well as a host of health benefits, a moment spent enjoying white tea is a moment of savouring calm, positivity and renewed energy. It's such a pleasure!

I was therefore excited to discover that Elizabeth Arden has introduced its new and elevated fragrance, White Tea Eau de Parfum, just in time for the colder days of the festive season. Retailing at AED 325, this isn't an ordinary fragrance! The White Tea Eau de Parfum opens a new chapter in fragrance making with the use of its unique 'VivaScentz' technology - a sensory innovation that awakens a deeper sense of well-being. Developed to enhance well-being with mindful, sustainably sourced ingredients, this new fragrance leverages the aromas of florals infused with a crisp, clean aspect that frankly, gives you an extra serenity as you go about your day, or enjoy the cooler evenings.

- Top Notes: Italian Mandarin, Sea Breeze Accord, Clary Sage
- Heart Notes: White Tea Accord, Mate Absolue, Upcycled Rose Water, Jasmine Petals
- Base Notes: Tonka Bean Absolute (Ethically Sourced), Trio of Tranquility, Musks, Amberwood

The new White Tea Eau De Parfum is available at Elizabeth Arden counters at Debenhams and online at www.ounass.com and www.namshi.com



#### GOOD LIVING

#### ERASE FINE LINES, NOURISH & PLUMP YOUR SKIN WITH THESE SKINCARE SAVIOURS

With a beauty, fragrance and skincare legacy that started over 100 years ago, Elizabeth established the American beauty industry and has since been the skincare of choice for many a Hollywood celebrity who swears by the cult-classic Eight Hour Miracle Cream. This success continues with their new youth-restoring and protective collections. These are our favourites...

#### THE CERAMIDE COLLECTION



If you are starting to see the first signs of ageing on your face, welcome to skincare that you'll really notice! Elizabeth Arden's Ceramide Capsules are unique, targeted skin solutions, encapsulated for freshness and formulated for potency. With a collection of four serum variants, there is a

powerhouse ceramide capsule for every skin concern. This includes the Nourishing Advanced Ceramides, Plumping Hyaluronic Acid, Brightening Vitamin C, and Line-Erasing Retinol. Each potent, single-dose serum is easy to apply, feels luxuriously silky on your skin and is designed to make skin hydration effortless.

#### THE PREVAGE COLLECTION



This collection harnesses idebenone, the single most powerful antioxidant in skincare. Idebenone is used as a vital cell antioxidant and is known to reduce free radicals, inhibit lipid peroxidation and protect your cells from environmental damage. The award-winning

PREVAGE line helps to reverse the signs of ageing and visible environmental damage, perfect for those looking for younger, healthier looking skin.

Give yourself the gift of correcting the past and protect the future of your skin with the PREVAGE range of anti-ageing eye and daily face serums. We particularly like the daily moisture cream and the City Smart SPF50 hydrating shield, which is perfect for our region's climate.



#### CUSTOMISABLE PARTY SANDALS FOR ALL YOUR FESTIVE OCCASIONS

The upcoming festive season gives us the scope to enjoy lots of social gatherings, but remember the downside? That's right wearing heels to all those occasions takes a painful toll on your feet. That's why we're delighted that Hey Marly has a range of stylish, dressy, casual and sassy statement sandal options, for those of us who don't want to wear heels for the holiday parties. And the really clever thing is that their selections of sandals and straps are all interchangeable, meaning that you can change up your look in just three simple clicks! These are our picks for the season...

#### Brilliant Life (AED 130)

Hey Marly's Brilliant Life sandal strap and sandal and can elevate a holiday party outfit to create a much more vibrant, glamorous and statement look. The eye-catching options of the Brilliant Life range are the perfect way to make sure you're both glam and secretly comfortable right down to your toes! The sandal and strap come in shades of Crystal, Gold and Rose, making it a must-have in anyone's festive wardrobe.

#### Day to Night (AED 130)

For all-day celebrations, the Day-to-Night strap and sandal is the perfect companion to give any festive outfit a chic twist. Available in the shades Endless Sundowner, Sparkle Nights and Beachy Mornings, this range lets you effortlessly move with the party from all day, to all night. Crafting a glamorous night-time look with minimal effort has never been easier which is why the Day to Night is one of our festive essentials this year.

The styling options for Hey Marly sandals and straps are limitless and with glitter, gloss and beads, there is a strap and sandal for everyone to easily elevate any outfit this festive season.

All Hey Marly products are available to shop from their website at www.heymarly.ae and can be delivered across the UAE.

# COMPETITIONS

### A 65 MINUTE COUPLE'S BALINESE MASSAGE AT MANDARA SPA, THE H DUBAI, WORTH **AED 945**



Experience the ultimate sense of relaxation as the incredibly talented masseuses at Mandara Spa, The H Dubai, transport you to a realm of rejuvenation. This full-body, deep-tissue, holistic treatment is the ideal way to take care of your body from head

to toe. A euphoric combination of gentle stretches, acupressure, reflexology and aromatherapy, the Balinese massage is the best way to bring you a sense of wellbeing, calm and deep relaxation. This is your chance to enjoy another level of serenity by winning this incredible 65-minute Couple's Balinese Massage Treatment.

#### WIN A VOUCHER TO SPEND AT PAN EMIRATES HOME FURNISHINGS, WORTH **AED 500**



Through their indoor and outdoor furnishing collections, Pan Emirates aims to inspire customers to reimagine and recreate their dream homes. Their

comprehensive collection of furniture and home decor includes handpicked products from across the globe, with selections that cater to the ever evolving needs and tastes of their customers. With a legacy that dates back to 1992, Pan Emirates Home Furnishings is one of the region's leading brands in home furnishing and interior design solutions. Win a gift voucher worth AED 500 to spend at Pan Emirates.

## SILVER FERN FARMS' PRODUCT RANGE, WORTH **AED 500**



Meat is a wonderful source of protein which can provide the human body with many health benefits and advantages. Silver Fern Farms is New Zealand's leading procurer, processor, marketer and exporter of premium quality beef and lamb to over 60 countries. Their animals are raised all year round, in clean

air, wandering and grazing freely, just as nature intended. The animals eat and live as they would naturally which greatly reduces stress, promoting better animal welfare and ultimately resulting in more tender and betterquality meat to eat. Silver Fern Farms is now stocked in the UAE and is highly regarded as one of the country's top premium meat providers! Silver Fern Farms would love to offer one lucky winner an AED 500 voucher for Silver Fern Farms products which can be purchased in store or online at Prime Gourmet.

#### A DINNER AT HIKINA RESTAURANT, LAPITA DUBAI PARKS AND RESORTS, WORTH **AED 500**



Lapita, Dubai Parks and Resorts, is offering the chance to win the full Pan-Asian experience at Hikina Restaurant. Inspired by the Hawaiian word 'Hikina', which means 'east', the restaurant celebrates an explosive roller coaster of Far Eastern tastes

that draws on an exotic spectrum of textures and aromas, to bring guests a sumptuous, authentic and wholesome dining experience. An ode to the history of the Lapita tribe, which departed Asia on a journey to explore and settle throughout Polynesia, Hikina helps diners to explore the diverse range of Far Eastern cuisines, by elevating the well-known, casual street food experience with gournet dishes and exclusive cocktails, in a serene environment. All you need to do is enter the competition for a chance to win!

**) 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!

#### GOOD LIVING



### 2 BAGS OF DOG FOOD FROM PERCURO PET FOOD, WORTH **AED 500**

When it comes to pet food, many people are not aware of the ingredients in the products they buy. Traditionally, pet food has been the by-product of the human food industry, using the waste from slaughterhouses and subsidised filler grains, which don't belong in the animal diet. As a result, many pets suffer from skin allergies and gastro-intestinal issues. A little-known fact is that we share our planet with 500 million companion cats and dogs, who consume an earth-shattering 20% of the world's meat, poultry, and fish. Livestock farming contributes 18% to global CO2 emissions, making the pet food industry one of the largest contributors to climate change. Launched in 2020 in the UK. and now available for the first time in the UAE, Percuro Pet Food is doing their share in solving the sustainability problem by replacing livestock pet food ingredients with clean insect protein, resulting in a 98% environmental toll reduction. Percuro Pet Food would love to offer one lucky winner the chance to win two bags of dog food for their fur kids to enjoy, worth more than AED 500!

## A DIGITAL BUSINESS CARD FOR YOUR NEW BUSINESS, WORTH **AED 15,000** (4 RUNNERS UP WILL GET A 50% DISCOUNT, WORTH AED 7500!)

Becoming a mother changes your perspective on life and how you use your time. Priorities change and the increasing numbers of career women who start a family has seen a rise in 'mompreneur culture', with many mothers starting their own business - particularly in the digital space.

The most popular mompreneur businesses in this region include setting up an online store, a boutique consultancy and entering the influencer world.

If you have been thinking about setting up your own business, check out the success tips article by Imidal MD, Alan Douglas. Imidal is a Dubai based enterprise specialising in creating custom-made apps, websites and digital business cards. He says that many of their customers are women starting their own business after they've had a child. Understanding that time and money are precious for them, their most popular request is for our digital business cards, which combine...

- Their business contact details
- The function of a website ie. lots of product details!
- The ability to include images & videos
- · A contact form for customers to get in touch
- Easy-sharing on social platforms via their own personal QR code

To celebrate all new mothers who are planning to start their business in the new year, Imidal is delighted to offer the incredible prize of a free 'Starter Digital Business Card', worth AED 15,000 to one lucky reader! Not only this, 4 runners up will qualify for a whopping reduction of 50% discount, worth AED 7,500! PLEASE NOTE: For the runner-up prizes, purchase is required.

Calling all new mompreneurs...enter today for your chance to win this amazing prize to set you path to business success in the new year!







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www.emirateshomenursing.ae



