

ISSUE 139 | JANUARY 2023 | DHS15

Mother Baby & Child

**DECLUTTERING YOUR
SPACE FOR THE NEW YEAR**

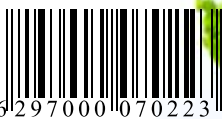
**DISPELLING MYTHS
AROUND THE FLU VACCINE**

**THE EFFECT OF SOCIAL
MEDIA ON PARENTING**

**RAISING A SELF-CONFIDENT
CHILD**

**INTERIOR DESIGN TRENDS
FOR 2023**

**THE BEST
FOODS FOR
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VITAMINS!**



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EDITOR'S LETTER



Hello Mum!

Happy New Year to you and your family! I'm wishing you a healthy, prosperous and fun-filled 2023. For any mums who's resolution is to eat well, there is a great article on page 13, all about a healthy food delivery service that can support you being your healthiest self this year. There are many styles of plan to choose, from high protein, vegetarian and vegan, and even one for mums who are breastfeeding.

In an effort to set everyone up for wellness this year, I've included an informative piece on page 14, all about which foods to eat for the best vitamins to keep kids' immunity high during winter. And if your goals are to clear out your home and get organised in your space, I had the pleasure of interviewing Shelina Jokhiya, professional organiser and decluttering expert! You can find the important tips we discussed on page 20, which should help you make the most of your environment for the year ahead.

With the new year getting underway, we all think about ways we can do better for our planet, and this is no different for little ones. Kids need advice and guidance on how to form eco-friendly habits at school and you will find a very interesting article on page 38, all about sustainable thinking for early learners.

Staying on the topic of education, you will find lots of food for thought on page 36, where we dive into the power of play in the classroom and how it can be used as a way to help your child learn to problem solve, think creatively and take on information more easily.

January and February are not obvious times for a holiday but there are some amazing travel deals on offer that I had to share with you, as they are perfect for a quick family getaway to start the new year with. From the panoramic lake and Alpine views of Interlaken in Switzerland, to the pristine blue waters of the Seychelles or the city markets and cultural landmarks of Istanbul, there are intriguing options for all families! Make sure to check it out on page 41.

Lastly, I've chosen a selection of beauty picks for you this month on page 47, including the hair care range that's taking the Middle East and North Africa by storm and the organic make up range that promises to heal your skin while helping you look your best.

As you know, I like to leave some things for you to discover for yourself in every issue, but this time, I sincerely hope you discover more of the laughter, strength, joy and health that you and your family deserve in 2023.

Happy New Year!

Ella

Editor

Mother, Baby & Child Magazine

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Editor's PICK

KEEP SKIN HAPPY WITH HAND & HAND MOISTURISING HAND SANITISERS

We've all experienced that unpleasant feeling of dry, cracked, or stinging hands that go along with using hand sanitisers. Well, I was delighted to discover that Hand & Hand have launched an organic, multivitamin infused, ultra-moisturising line of hand sanitisers that are perfect for keeping your family germ-free and comfortable at the same time.

Premium organic extracts, aloe vera gel and essential vitamins are the key components of Hand & Hand's range, offering a real solution to your family's skin woes, without a premium price tag! Hand & Hand sanitisers come with one of four unique anti-bacterial extracts - eucalyptus, lemongrass, orange, and patchouli - and are available in travel-friendly bottles, so you can take them with you wherever you go!

A portion of the proceeds from each Hand & Hand purchase will also be donated to Dubai Cares, an organisation that works towards providing easy access to quality education for youth in developing countries - so you can make a difference, while keeping your hands happy!

*All Hand & Hand products are available
online at www.handandhand.me.*





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

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Editor's
— PICK —



KICK START A HEALTHY JANUARY WITH THE SECRET SALAD MENU AT ELLA'S EATERY

The new year usually means an effort to eat healthily for many of us, but it can be hard to stick with, especially when it comes to eating out. I wanted to let you know that Ella's Eatery has a 'Secret Salad' menu on offer this January, and each salad also comes with a complimentary detox juice!

The menu has no shortage of flavourful, nutritious and wholesome salads that taste great, look great and keep you full - key to eating well! Whether you fancy a high protein salad or you're looking for vegetarian options, there is something for everyone here.

Ella's Eatery features a beautiful outdoor terrace and an array of choices that are both family-friendly, (including furry friends!) and friendly on your wallet too. This little hidden gem is perfect for all occasions, from breakfasts with the kids, to romantic dinner dates or even brunches and post-work meetups, with food that I hope will keep you happy, healthy and energised this new year!

Keep up to date by following Ella's Eatery on Instagram at: @EllasEatery



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THINGS TO DO



A Cirque Du Soleil
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family and more!





THIPTARA REOPENS AFTER EXCITING MAKEOVER



Dubai's much loved Thai restaurant, Thiptara, has reopened its doors with an exciting new look and menu that promises to transport you and your loved ones all the way to the floating markets of the Far East.

Evoking the mystery and intrigue of Thailand in an elegant and intimate space, it serves traditional Royal Thai cuisine with an emphasis on Bangkok-style seafood, offering an enchanting dining experience, in peaceful and mesmerising surroundings, for all the family to enjoy.

Community is central to Thai culture and Thiptara's new menu encapsulates this with a number of sharing family style set menus. Gather round and enjoy the chef's selection of delectable chicken satay, duck spring roll, crab cake and prawn dim sum, before moving onto a delicious array of main courses.

There is also an a la carte menu, a vegetarian menu, and of course an extensive curry menu, featuring Thai crowd-pleasers, like classic Green curry, Panaeng and Massaman. So, indulge your taste buds in authentic Thai flavours from recipes handed down over generations. How tasty!

As well as a menu makeover, the restaurant has also rejuvenated its aesthetic. The state-of-the-art refurbishment features the beautiful tones of the Far East. Only natural materials have been used, giving the space an authentic feel, so don't forget to simply relax and bask in the ambiance of Thailand with your loved ones.

Meaning 'spirit of the water', Thiptara sits majestically alongside the waterfront of the Dubai Fountain and the Burj Khalifa, affording you and your family one of the most stunning views in the city. All you have to do is kick back and soak it all in.

Time: Daily between 6pm and 11.30pm

For more information and to book a table, please call +971 4 428 7961, email dineatpalacedowntown@addresshotels.com or visit www.addresshotels.com/en/restaurant/thiptara.

HOT CHOCOLATE BOMBS AT GOLDEN RIBBON CHOCOLATES



Hot chocolate is the perfect warm, comforting drink to brighten these cold winter days. With its rich, chocolatey flavour and creamy texture, hot chocolate is both indulgent and satisfying to all the family. Get your Belgian Hot Chocolate Bombs from the Boutique Chocolate shop, Golden Ribbon Chocolates in Sharjah. Run by Emirati chef and chocolatier Aisha Doty Al Hussein, it's a little piece of indulgent fun that kids will love to be treated to. Dip the bombs in a hot cup of milk and let the magic happen. Priced at AED 30 for a set of 2 or AED 60 for a set of 4, this is a tasty winter warmer that all the family can enjoy.

Contact: 067676335

Price: AED 30 for a set of 2

Visit www.goldenribbonuae.com or follow on Instagram @goldenribbonchocolates.ae for more information.

NEW YEAR, NEW YOU!

Embrace the best version of yourself with some pampering at the renowned beauty destination in Mirdif, Coya Spa & Salon. Looking for a massage to destress, a chic hairstyle to greet the new year, or even a good cleansing scrub to rejuvenate your body? Here are some curated packages to help you look and feel like the best version of yourself.

Relax and Rejuvenate Massage Package

Disconnect from the bustle of January with a good pamper to face the new year with style. Indulge in a relaxing 30 minute Destress Back Massage, get your nails January-ready with a gel Mani-Pedi, complete with nail art on the house, and finish it off with a beautiful blow-dry so you can breeze into 2023.

Price: AED 495

The Cleansing Ritual Package

What's better than getting a good scrub and polish during the winter season? Enjoy a classic cleansing Moroccan Bath in private spa rooms, with Moroccan soaps and oils that will leave you feeling fresh and beautiful, and don't forget to complete the look with a gorgeous blow-dry. This package also includes a manicure and pedicure treatment with complimentary polish with expert nail therapists to leave you gorgeous and ready for the family gathering!

Price: AED 475

Winter Hair Package

No one wants their roots showing after the holidays, so Coya Spa & Salon's winter hair package is here to help! Treat yourself to a classic root tint, a moisturising hair treatment and a hair trim or a blow dry at a discounted price, to reveal your best hair to greet the new year.

Price: AED 450

Standalone treatments and packages are also available for purchase to elevate your experience. You may also use Fazaa and Esaad discounts across most of the Coya Spa & Salon sections.

For more information, please visit www.coyaspa.com or to make a booking, call +971 4601 5555.

PLANTASTIC DISHES FOR VEGANUARY AT BOMBAY BOROUGH



With Veganuary 2023 approaching, Indian eatery Bombay Borough in DIFC has several delightful vegan dishes on the menu tailored for anyone who follows a plant-based diet, as well as those looking to explore new and wholesome vegan tastes. The dishes combine classic Indian flavours, with a modern, plant-based twist.

Veganuary offers families a chance to take on the challenge of eating plant-based for a month, or even a number of times a week to work on reducing overall meat consumption.

You and your loved ones can enjoy trying the exciting range of plant-based dishes on

the special Veganuary menu. The options include Chili Tofu Scramble, Roasted Sweet Potatoes, Chargrilled Asparagus, Bombay Lunch Home Vegetable Curry with Banana Leaf Rice and Beetroot and Carrot Chops.

With Bombay Borough's wide selection of plant-based dishes and the added flexibility to veganize many other dishes on the menu, Bombay Borough is the perfect place for curious families to dine this Veganuary, offering something for everyone on the menu.

Visit www.bombayborough.com for more information and to book, call +971 432 71 555.

A CIRQUE DU SOLEIL SPECTACULAR IS COMING TO DUBAI!



Cirque du Soleil is making its long-awaited return to Dubai with 11 showings of its dynamic and breathtaking production of OVO. An exciting Cirque du Soleil experience, OVO is a colourful showcase of a day in the life of insects; a non-stop riot of energy and movement. Through show-stopping gymnastics that highlight the unique personalities and abilities of selected insect species, OVO explores the beauty of biodiversity in all its glory and vibrancy.

About Ovo

From mighty crickets bouncing off trampolines, to a hypnotic spider contorting inside her web, OVO, meaning “egg” in Portuguese, is full of extraordinary showmanship that will tickle the imagination of little ones and parents alike. Funny and chaotic, yet exciting and wonderful, OVO charms our inner child with its exuberance. OVO brings to the stage high level acrobatic acts, redefining the limits of the human body. Since its opening in Montreal in 2009, OVO has thrilled more than 7 million people in 155 cities in 26 different countries.

Location: Coca-Cola Arena

Dates: 11th to 18th Jan 2023

Show times: 8pm Tuesday-Thursday, 4pm and 8pm, Friday and Sunday, 12pm, 4pm and 8pm, Saturday

Price: Early bird tickets start from AED 116 on select shows

Tickets are available at coca-cola-arena.com and cirquedusoleil.com/OVO.

GET READY FOR 2023 WITH HAMMAM TREATMENTS AT AWAY SPA

Experience true relaxation at W Dubai - The Palm, by giving yourself the gift of one of their AWAY Spa's signature hammam cleansing rituals, to wash away 2022 and welcome the new year.

Akoya Pearl

Cleanse, purify and exfoliate your body and face with a scrub and massage using aromatic black soap, Keesa gloves, Miel d'Ambre and an ancient stretching ritual that improves muscle flexibility and skin strength.

Price: AED 600

Duration: 60 minutes

Location: W Dubai – The Palm West Crescent, Palm Jumeirah

Basra Pearl

Treat yourself to pure bliss with this full body, 90 minute Hamman experience, which includes a Knesko gold mask and a fabulous hair and lip treatment. Strut out feeling totally rejuvenated, sparkling with a layer of AWAY Spa's gold pearlescent body oil.

Price: AED 800

Duration: 90 minutes

Location: W Dubai – The Palm West Crescent, Palm Jumeirah

Baroque Pearl

Disconnect from daily life with an incredible two hour long traditional Hammam experience. The Baroque Pearl features a body massage that eases sore muscles and knots while improving your circulation, plus a refreshing for good skin elasticity and health. You are guaranteed to leave feeling refreshed and ready for the new year ahead!

Price: AED 1200

Duration: 120 minutes

Location: W Dubai – The Palm West Crescent, Palm Jumeirah

For bookings, please call +971 4 245 5533 or email w.dxbtp.spa@whotelworldwide.com.



WELLBEING



Decluttering for the year ahead; a look at the flu vaccine; the best winter vitamins for kids and more!





HEALTHY EATING MADE EASY FOR THE NEW YEAR

How can a healthy meal delivery service benefit busy mothers as they go into the new year?

Kicking off the year on a healthy note is one of the most common goals to set in January. As mothers, it can be hard to achieve this on your own, as there is always something to do and something else to prioritise. This is where healthy meal delivery can remove a lot of the hassle around eating well. The new ultra-convenient service, iDiet, may be very useful for any busy mums looking to eat well, without the stress or time usually involved.

HOW DOES IT HELP?

It's a meal plan delivery system created to ease the burden of eating healthily. There are several meal plan options for those looking to maintain, lose, or gain weight. With the backing of several expert nutritionists, iDiet also offers options that cater to veganism, vegetarianism and even keto diets.

Co-founded by dietitian Sabine Karam, iDiet combines the ease of an online app with plenty of food flexibility. It offers a large range of meals to suit every need and lifestyle, with fully customizable plans that are calorie counted, tasty and wholesome. Last year, the revolutionary service delivered over 500,000 meals across the UAE.

Managing Director Sabine says she loves it when customers *"allow us to be a part of their transformational fitness journey and help make their unique lifestyle shift suitable and sustainable. We make a 'healthy difference' one meal at a time!"*

WHAT FOODS ARE AVAILABLE?

There are 12 meal plan options: iVeggie, iVegan, iFish, iDetox, iFast, iKeto, iLunch, iDrop, iMaintain, iProtein, iCleanse and iMom - a specialised meal plan specifically

for pregnant and breastfeeding women. They have all been created by experienced dietitians and highly trained professional chefs using nutritious, wholesome produce, without preservatives.

You can also mix and match cuisines, such as Asian, oriental and international, in a single meal plan. Modifications can also be made to the number of main meals and side snacks, portion sizes and delivery days, so you get exactly what you want out of your healthy eating efforts.

FLEXIBLE DURATION TO SUIT YOU

There is a five day trial available for those who want to try it and see, in addition to 30 and 40 day packages, which are designed for those seeking a longer term endeavour.

HOW DOES DELIVERY WORK?

All items are also delivered in reusable sustainable packaging at convenient hours, both before and during the workday.

The early delivery slot runs from 2am-6am, catering to working parents or mumpreneurs that want to organise their meals in advance of their busy day ahead. The second slot is 8am-12pm and can also drop meals to your place of work.

Delivery is available to Dubai, Abu Dhabi, Sharjah, Ajman, Umm Al Quwain, Ras Al Khaimah and Fujairah.

This is a service that's easy to use, saves plenty of time and is highly convenient. It allows mums immediate access to dietitians and health experts for any questions, queries, support and advice, as you ease into healthy eating for the new year.

THE BEST WINTER VITAMINS FOR KIDS

Winter can take a toll on our children's immune systems. By giving them the vitamins they need every day, we can have peace of mind knowing that they're protected.



We all know how important vitamins are but there's no harm in a little reminder every so often. Vitamins are extremely important for children's health, especially in winter. They provide our little ones' bodies with the necessary ingredients to function, grow, develop and defend themselves. Your child needs a range of vitamins to contribute to the health of different parts of their body, organ function and immunity. Vitamins will help your little one's body to be resilient and strong, fighting off illnesses

from harmful bacteria and viruses. Young children, in particular, are exposed to so many different things that it's crucial to ensure that they're receiving all of the necessary vitamins.

IS SUPPLEMENTATION OKAY?

The best way to make sure that your child is receiving these vitamins is through nutrition. A balanced diet of healthy foods will give them all the vitamins and nutrients that they need. Some children are picky eaters and may refuse some of the foods that contain these healthy vitamins. In these cases, supplementation is an option that will get your child the range of vitamins without the daily argument over uneaten vegetables. In the meantime however, it's worth persevering and showing them the value of eating healthy food so that they can transition off supplements and get their vitamins from natural sources. With that being said, supplements are a pain-free way to give your child the recommended amount of vitamins instead of worrying if they're getting enough from their food.



WHAT VITAMINS ARE ESSENTIAL

A regular intake of vitamins A, C and D, along with omega-3 and zinc will boost your child's immunity and contribute to their overall health. Let's take a look at what each of them do.

Vitamin A

Vitamin A is great for your child in three main ways. It boosts their immune system, it aids their skin



health and it's good for their eyesight. Particularly with the amount of screen time most children get, it's more important than ever to take care of their eyes. There are plenty of food sources for Vitamin A including fish, eggs, dairy, carrots and leafy green vegetables such as broccoli and spinach.

Vitamin D

Vitamin D is essential for your little one's growth. It will make sure that their muscles, bones and teeth are in good shape. Enough

Vitamin D will go a long way to keeping your child in their best health. Thankfully, your child can get lots of it from the sun, but during times when they have to stay indoors there are a few foods that contain Vitamin D. Oily fish, red meat, eggs and fortified cereals are the main sources. Many people all over the world are not getting enough Vitamin D each day so be sure to supplement your child if required.

Vitamin C

Vitamin C really is a super-vitamin! It can

help your child in so many different ways, including their immunity, bone health, skin health and nervous system. It enables them to fight off bugs, develop strong teeth and bones, heal wounds faster and absorb iron to boost their overall health. Vitamin C isn't created or stored in the body and so we must be sure that our children intake it daily through their diet. Brightly coloured fruits and vegetables are the best natural sources of this wonderful vitamin, such as citrus fruits, peppers, tomatoes and cruciferous vegetables.

Omega-3

Not only does omega-3 help your child's immune system and growth, it can also improve brain health, and stave off anxiety and depression. It will also contribute to their ability to both learn and sleep. Omega-3 also nourishes your child's hair, encouraging it to grow and shine. Omega-3s are most easily found in oily fish, such as mackerel or sardines, nuts, seeds and avocados.

Zinc

Getting enough zinc is very important for your little one's immunity. It works best when they're also receiving enough Vitamin C and can ensure that your child grows in a healthy way, warding off harmful bugs and viruses. Fortified cereals, along with meat, fish and milk are the main food sources to include for zinc.

Whether it's solely from food or aided with supplementation, it's very important to make sure that you're giving your child the vitamins that they need. Multivitamins are available, making the supplementation process more straightforward. Food is our natural source of vitamins and, as such, is preferable but don't hesitate to rely on supplements, at least initially. They can take the stress out of it all. They come in stated amounts and the package will tell you the recommended dose. If you have any further questions about how much of each vitamin your little one needs or concerns about vitamin deficiency, consult with their doctor. With a well-rounded vitamin intake, your little one will be well able to withstand all that winter has to bring!

LET'S TALK ABOUT THE FLU VACCINE

We examine what families need to know about the influenza shot and why this virus is not an illness to be sneezed at!

Respiratory health care has come under the spotlight more than ever since the onset of COVID-19 and its unprecedented effects globally. Across the world, authorities have alerted people about the increased severity of the flu season this year. In fact, the World Health Organisation terms it 'a year-round disease burden', because it is so infectious.

WHY IS IT IMPORTANT?

Flu is often disregarded as something insignificant, usually confused with the common cold and nothing more than a runny nose or a mild temperature. It can appear to be an unimportant illness because most people recover without medical attention within a week from any fever or other symptoms. However, it can escalate to a life-threatening situation for a small number of people - up to 650,000 people pass away from the flu each year globally.

WHO IS AT RISK?

Even healthy people are vulnerable, while those with weakened immune systems may experience severe effects. Recovery can take a few weeks and sometimes in rare cases, problems like pneumonia, inflammation of the heart or brain, or a sinus infection can occur.

WHAT ARE THE SYMPTOMS?

"The first thing to note in the difference between a cold and the flu, are the symptoms. With flu, the symptoms can include fever or

feverish chills, a cough, a sore throat, a runny nose, muscle and body aches, headaches and a general feeling of fatigue. With a cold, symptoms are milder and people are more likely to have a stuffy nose, with no fever or aching muscles," says Dr. Claude Afif, Staff Physician of Infectious Diseases at Cleveland Clinic, Abu Dhabi.

WHEN ARE YOU CONTAGIOUS?

Like a cold, the flu is a virus that spreads easily through a cough or a sneeze. In fact, it can travel at least two metres! This means you can definitely infect others around you. While it can be up to four days before you notice any symptoms of the flu, you are actually contagious before this stage, and you can easily pass it on to others without knowing.

HOW TO TREAT THE FLU

While you can generally cure a cold with a good dose of vitamin C, treating the flu takes a little more. You need to rest and sleep, keep warm, take the right medication to lower your temperature, and treat aches and pains. Make sure to also drink plenty of water to avoid dehydration!

THE FLU VACCINE

An alternative to treating symptoms is to vaccinate against the flu - and the best time to get your vaccine is early winter, just as the season changes.



"Flu vaccinations are shown to offer approximately 70-90% protection in healthy adults and can reduce the number of hospitalisations in the elderly by 25-39%" continues Dr. Afif.

How it works

Influenza vaccines are injected into the upper arm muscle for little ones aged one year and up, and into the upper thigh for babies who are between six months and a year, while live attenuated influenza vaccines (LAIVs) are administered intranasally. The vaccine contains inactivated parts of influenza viruses that help the body develop immunity about two weeks after vaccination. The body produces antibodies that give protection against



the viruses that are in the vaccine. The flu vaccine is updated on a yearly basis to protect against the main viruses causing flu each year.

Who should get the vaccine?

“The flu vaccine is recommended for everyone over the age of three and is a single shot, but children under the age of nine who haven’t had a flu vaccine are recommended to get two doses. People most at risk from flu are adults over 50 years of age and children under five years of age as well as pregnant women, healthcare workers and schoolchildren aged between five and 18. Smokers, immunocompromised people and those with preexisting health conditions like diabetes, cardiovascular diseases etc. would fall into this risk group too. Therefore, everyone above the age group of three is recommended to get the vaccine” says Dr. Afif.

A yearly dose

Because the flu strains tend to change frequently, it’s important to get a vaccine every year. Immunity from infection by one influenza virus does not protect fully against variants of the same subtype or type. Essentially, this means that last year’s vaccine protects you against last year’s flu, but not necessarily this year’s flu. This also explains why there are flu outbreaks every year.

A flu shot boosts your immunity against these strains and it also helps you to avoid a serious long-lasting illness if you do happen to catch the virus, as well as preventing complications such as pneumonia, bronchitis and ear or sinus infections.

MYTHS ABOUT THE VACCINE

There are various misconceptions that influence people to not get vaccinated. For one, there is no foundation in the belief that if you have had the COVID-19 vaccine, you do

not need the flu vaccine. They are different respiratory viruses and being immunised for one will not protect you against the other.

Another common myth is that the flu vaccine is contagious. “The flu vaccine is not contagious and won’t make you sick with the flu, because it contains an inactive virus. Following the shot, some patients may develop a moderate reaction, with symptoms like a low-grade fever, headache, and sore muscles. Around the injection site, you can also experience some discomfort, tightness, or redness” concludes Dr. Afif.

HOW TO BOOK

Call 800 8 2223 to book a flu vaccination appointment for you or your family at the Cleveland Clinic Abu Dhabi.

As always, maintaining a healthy lifestyle is the best first defence to maintaining wellness and good health, and that includes getting your flu shot this flu season.





THE PERCEPTION AROUND CHILDREN PLAYING SPORT

Nike looks at the many benefits of keeping active for kids, including emotional and mental skills that can be transferred to other areas of little ones' lives.

We all know that playing sports is good for you and this is especially true for children, but there are some positives that are often overlooked. A Nike survey has revealed how UAE parents perceive the benefits of playing sport for their little ones, alongside certain other lesser known advantages and the results are very interesting. Over 60 percent of parents think physical fitness and development is the main benefit of sports participation, while close to half of parents also associate sport with social interaction. However there are an array of other benefits to be gained and Nike's new playbook 'Five Minutes More' showcases this, teaching us that kids can learn courage, creativity, confidence and more through sport. Let's take a better look.

WHAT DOES THE RESEARCH SAY?

New research, conducted by YouGov and commissioned by Nike Middle East, is helping us understand the perceived benefits to kids in the UAE of playing sports. Ahead of the launch of Nike's new playbook entitled 'Five Minutes More', the research aims to underscore the relationship that kids have with sport, and to educate parents on how to 'plan for play'.

The survey was undertaken by 1,010 parents across the UAE and KSA with children aged between 5 and 18 years of age. It found that almost 4 in 5 parents in the UAE think the main benefit to their children participating in sport was physical fitness and development. The findings show that there is still an age-old perception that sport is only done to remain physically fit, whereas Nike wants to demonstrate that there are many transferable skills kids can learn from doing sport.

INSPIRING KIDS TO KEEP PLAYING SPORT

Nike believes that the future of sport is creative, inclusive, and unlimited in possibility. This is because the next generation isn't thinking about how they can create change when they grow up - they're leading the way now. For Nike, it all starts with listening and now they are listening to an entirely new generation of athletes - children with a perspective on their world and a relationship to sport that's unlike any other generation that's come before. Nike recognises the emotional and physical barriers that kids today face - in sport and in life.

The more Nike listens, the more they learn and the more excited they are about the chance to redefine sport with and for a new generation. Nike believes play is the gateway - after all kids don't do sports - they play sports! With this in mind, they want to inspire every athlete to keep active and gain as much as they can by playing sport.

SPORT IS NEVER DONE

The survey was conducted as part of Nike's 'Sport Is Never Done' campaign, which aimed to highlight lifelong benefits of physical play for children. As part of this, Nike Middle East has published a playbook called 'Five



Minutes More', which invites parents and kids to discover the benefits of sport together, by combining interactive storytelling with practical advice on how to 'plan for play'.

JOIN THE CONVERSATION

Parents in the UAE are already aware of some of the benefits of doing sport that Nike aims to highlight in this playbook. It was identified that general wellbeing, mental health and social interaction were among the top advantages to kids participating in sports. The survey also highlighted that 44 percent of parents in the UAE see that sport allows their children to learn the feeling of winning and losing. A third of parents here also recognise that sport lets their kids understand the importance of persistence and determination. The playbook aims to bring these skills to the forefront of the conversation with parents.

"The survey showed us that there is still a perception that sport is only done to remain physically fit when the reality is that there are so many additional transferable skills kids can master to help them thrive in their adult lives. We want to raise awareness of sport-related benefits beyond just the physical and draw greater focus on essential

soft skill development that equips kids with the tools to be successful. 'Five Minutes More' was manifested out of passion and a proven belief that collaborative play and interaction between parents and kids accelerates cognitive development in a fun and engaging way," says Mohamed Bodiat, Senior Vice President Brands, Sports Brands at GMG, Nike's official distributor in the Middle East.

A HAPPY RELATIONSHIP WITH ACTIVITY

'Five Minutes More', is aptly named after a phrase that you have most likely heard your little ones say on at least one occasion! The playbook showcases the relationships kids have with a variety of sports including skating, climbing, running and breakdancing. The playbook is designed for kids and parents to read together to show parents that their kids can learn courage, creativity, confidence and many more life skills, through participating in sport.

The complementary book will be available in hardback from select Nike stores across the region and the digital eBook can be downloaded at www.nikeneverdone.com.



DECLUTTERING YOUR HOME FOR THE NEW YEAR

What is the best way to declutter your environment for the year ahead? Here, we go through the best advice on how to do just that, especially as a busy mother.

Tell us a little about yourself and your clinics?

The new year is a natural opportunity to refresh your life and make some changes. In the spirit of starting over, we sat down with Shelina Jokhiya, an expert in decluttering and a skilled professional organiser, to talk through how mothers can tackle clutter to move into the new year organised and calm.

Tell us a little about yourself?

I was born and raised in Kent, England. I trained as a lawyer, or a Solicitor as they call it in England, working for big global businesses based in London and Dubai. My first job in Dubai was working at Emirates in the Legal Department and then I moved onto a few other companies, working my way up to Head of Legal for a global company.

However, in 2013 it got too much. I was overworked, tired, stressed, anxious and

miserable. I didn't get to see the daytime. One day, I simply had enough. I shut my office door and started researching how to be an organiser.

I had thought about being an organiser for a few years, especially in the early 2000s when I was working in London. But I didn't think anyone would pay for a service like this. It turned out I was wrong - by 2013 it was a huge industry in the USA and UK. However, there was no one doing it in the Middle East. I decided that day to take the plunge and start my own business. Declutter Me was created in early 2013. I managed to quit my job by that September and have been helping people get organised ever since with my business Declutter Me.

How did you develop your passion for decluttering and organising?

I have always been organised, ever since I

was a child. I used to organise my Madonna collection, music, DVDs, anything and everything. I also organised the filing systems in whichever company I worked for over the years. It's truly in my nature!

What do you do?

I am a professional organiser and declutterer. This means I go into people's homes and offices to help them get rid of things they don't want or need, put systems in place so they can stay organised, and ensure that they can find anything in less than five seconds moving forward.

What approach do you advise when decluttering for the new year?

Trying to tackle your whole house or a big room can be overwhelming. Instead, do



a mini-declutter. Spend 15-20 minutes decluttering a shelf, a cupboard, or your counter space. Once you have decluttered this one area, you can then set about organising the remaining items into proper systems.

What rooms or items can be most difficult?

The home office and store room or garage.

Do you have a system for women to tackle their wardrobes?

Declutter in sections! Never take everything out of your wardrobes all at once, otherwise you will get overwhelmed. Whilst doing each section, put the items into a donate, a throw away or recycle and a keep pile. Then categorise the items you want to keep and organise them within your wardrobe.

What are the emotional and mental downsides of clutter?

Seeing clutter from the moment you wake up can be draining and create a clutter cloud over your head. You spend more time looking for things and dealing with the clutter than actually doing the tasks you should be focusing on. Being overwhelmed and frustrated with clutter can lead to depression if not dealt with. A measured environment that is easy to exist within sets

us up for a measured mental environment and calmer, clearer thoughts.

What are the challenges of decluttering, specifically for mothers?

Time is normally the biggest challenge. Mothers have to look after their children, the home, maintain their relationship with their husband and if they have a job, work at that as well on top of it all. It can be too much to then have to deal with decluttering, which is why it sometimes gets left, building up into a task that can feel overwhelming.

What are your top tips for organising a family home?

Always begin with a mini-declutter as explained above. This is especially useful if you are short on time! If you cannot find time to do a mini-declutter, get a professional organiser to come in and work with you for a few hours on areas causing you the most pain. Never be afraid to ask for help when you need it!

In your experience, what do people gain by decluttering and organising?

Time is certainly something precious that you can gain, as you spend less time trying

to find every item. That time can then be spent doing something you really want to do. Also money is a factor that many people overlook. When people see how much money has been wasted on stuff that just ended up building up into a mess and has now been decluttered, they realise the importance of only buying what they love and avoiding unnecessary purchasing moving forward.

Why should mums consider hiring a professional home organiser?

Professional organisers, such as Declutter Me, can help you tackle the room causing you most distress quickly and easily. Whenever you are overwhelmed, they will be by your side, gently nudging you along to review which items you want to keep or declutter. Also, I can generally see immediately how the space could be utilised properly to make sure that you can find your possessions in less than 5 seconds going forward. Sometimes, if mums have no time to deal with the decluttering and organising, I will ask them to leave it with me and will get on with organising the space for them. If I see out of date food, or clothes that shouldn't be on the hanger any longer, I will put them to one side for the client to review later. The remainder is then arranged and systemised, so they can live a calmer, more organised life from now on.

PARENTING



How to choose the right paint for a nursery; raising a self-confident child; how social media affects parenting and more!





NEURODIVERGENCE AWARENESS: HOW TO HOST PARTIES THAT ALL CHILDREN CAN ENJOY

GEMS school helps us learn about how parents can be aware of neurodivergence when holding a social event or party for kids. Let's take a look.

Our lives are punctuated throughout the year by many happy occasions where we look forward to celebrating with others. These events can be wonderful opportunities to strengthen existing relationships, forge new friendships and express shared joy, especially for kids. However, the needs of all guests should be taken into consideration by parents when hosting a celebration.

SOCIALISING IS GOOD FOR CHILDREN

As many parents come to realise, our children often have a more active social life than we adults do! The steady stream of invitations to birthday parties, class parties and playdates that appear make for an exciting and action-packed schedule for our little ones. While those sweet invitations to an event or party are always a joy for any child to receive, for the families of a neurodivergent child, they can also elicit feelings of anxiety and trepidation. Similarly, when it is time to celebrate their own child's birthday, they are faced with the dilemma of how to create a party experience that their child will truly enjoy while still conforming to the expected norms of the social ritual; the candles, the cake, the music, the games and the mayhem! Before exploring how we can reduce and hopefully avoid stressful experiences for these families, we must first consider just what exactly is meant by neurodiversity and how it can inform how we approach something as simple as a child's birthday party.



WHAT IS NEURODIVERSITY?

Neurodiversity is the idea that every individual has different neuro-cognitive abilities, different ways of thinking, learning and experiencing the world, and these differences are to be expected. Just as we would find it odd if everyone in the world wore a size 6 shoe or could play the piano equally as well, embracing neurodiversity means we recognise and accept that differences in how certain people's brains work will inevitably occur.

It views the diversity of strengths and challenges as a natural spectrum of variation among humans, which should be expected and indeed welcomed in any population. Within this perspective, children who reach cognitive developmental milestones that are considered typical for their age are described as neurotypical (NT) and those whose brain development occurs in ways that are not experienced by the majority of people are termed as neurodivergent (ND). These learning differences can include ADHD, dyslexia, autism and developmental language disorders to name a few. With current

estimates that 15-20% of the world's population exhibit some form of neurodivergence, it is highly likely that some of the children you know and will invite to your social gatherings will be neurodivergent also.

THE CHALLENGE OF NEURODIVERGENCE

If you have a child who is neurodivergent, you will understand the love/hate relationship that comes when attending a birthday party. Of course, you want your child to be invited and included by others, you are delighted by the occasion for them to mix with other children their own age and you love to see them smiling and having fun like everyone else. More often than not however, the experience is stressful and overwhelming for both of you. You might feel worried that other parents will wonder why your child prefers to play on their own or why you choose to stay close to them instead of chatting with the other adults; you might even feel a sense of judgement if your child reacts differently to a song, game or activity at some point

in the party. If you are the parent of a neurotypical child, the hope is that this article will provide some insight into the challenges that a birthday party can bring, as well as some practical tips on how you can support neurodivergent children and their families at the next birthday party you host.

PARTIES FROM ANOTHER PERSPECTIVE

It stands to reason, if we know and can anticipate that some children will experience a birthday party differently from others, we can and should plan our parties to reduce any potential struggles and to make sure everyone feels successful and included. The challenges that come with a birthday party for a neurodivergent child are numerous; crowds of unfamiliar people, new environments, loud noises, sudden noises, food they are not used to and games they do not always know how to play. Children who find holding a conversation hard or for whom socialising with large groups is difficult may come across as withdrawn or unfriendly. Children

who struggle with sharing, taking turns or accepting defeat can appear naughty or rude when in fact they are often trying very hard to join in, but have not yet developed these skills. Once we appreciate that seemingly routine experiences at a birthday party can be overwhelming and even upsetting for some children, we can start to view the party experience from a perspective that is not our own and can also encourage other children to do so. This is the essence of neurodiversity affirming practice; we seek to understand, to support and to embrace difference for the benefit of all.

WAYS TO BE AWARE

Knowing that parents of neurodivergent children face this struggle several times a year, it's important to embrace neurodiversity as a way of supporting children who learn differently, but also as a valuable means of teaching all children to expect and value difference, creating more compassionate communities in our society generally. A few small thoughtful changes can make an enormous difference to the experience of neurodivergent children and their parents on these special occasions. With a little advance planning and some simple changes, we all have the power to make each and every child feel relaxed, happy and included at events that might otherwise be very hard for them. Let's take a look at what to keep in mind if you are a parent who is planning a birthday party or event.

Advance notice

Try to send invitations in advance so parents can help prepare their child for the upcoming event by discussing what to expect and perhaps even visiting the venue in advance, so that they can feel comfortable when it is time for the party. It is also helpful to send the planned schedule of activities for the day so that neurodivergent children can anticipate what will come next and handle transitions more easily.

Communication goes a long way

Give the option of including a place on the RSVP where parents can note any sensory triggers such as flashing lights,

food aversions, candles, face painting or loud noises. In this way, the parent of a neurodivergent child can let the host know what support they need.

Allow a warm up

Let children ease themselves in when they first enter the party space. Offer seats on the periphery, so that children who are slow to separate from their parents can watch at first until they are comfortable enough to join in. Remove any pressure from the child to speak, make eye contact or join in and make sure parents know that it's fine for the child to take some space and that they can join whenever you want.

Be aware of sensory overload

Reducing overstimulation where possible at the party location; noise levels, flashing lights and glaring colours are all potential triggers for sensory overload. Outdoor parties can help to naturally absorb noise levels and noise cancelling headphones can be a huge help to a child who struggles with noise aversion. Hosting parties at

home means you can set up a quiet space in another room for any child who feels they need to take a short break somewhere calmer than the main party staging area.

Play and expression can be different

Be aware of and accept neurodivergent forms of communication, interaction and play. Stimming, which presents as repetitive or unusual body movements or noises, can be a form of communication and is a way for some children to tell you that they are feeling happy, excited or anxious. Other children may not make eye contact when you are talking to them however, this does not mean they are not listening or paying attention. Neurodivergent play might look a bit different to typical play but it is very much an enjoyable and valid form of play that should be respected and honoured.

More than anything, we embrace neurodiversity by accepting the myriad of ways that children can enjoy having fun at an event or party and by supporting the need to do so without judgement.



RAISING A SELF-CONFIDENT CHILD

Raising a self-confident child is a nuanced job. Education consultant Nathalie Barsoumian discusses the parenting tips that you can use to instill a sense of confidence in your little ones.





Confidence can be challenging. Some children might have natural confidence, while others might need an extra boost from parents and teachers. Self-confidence doesn't come from a lot of praise, but from accomplishments, effort and attitude. As adults, we must help children build confidence in themselves and their abilities, as it is the key to their success inside and outside the classroom.

WHY IS BUILDING CONFIDENCE IMPORTANT?

Simply put, self-confidence will improve motivation, increase resilience and develop self-esteem in kids. Children with high self-confidence believe in themselves and their ability to achieve their goals and find the will and desire to complete them. With time, your child's confidence will grow, along with the incentive to stay on track. As a parent, try to remind your child of their accomplishments to boost their confidence and remind them of what they can do. When your child has self-confidence, they will know how to handle challenging situations and deal with failure. As parents, you want them to learn how to face challenges, learn from their mistakes and try again. Confidence will allow your child to maintain a positive mindset, which will help improve their self-esteem.

HOW TO INSTIL SELF-CONFIDENCE IN CHILDREN

Here, we go through the tips and ways you can use to develop confidence in your child.

Model confidence yourself

When your child sees you tackling new tasks enthusiastically, they will be more prepared to do the same. During the process, focus on the positive things instead of the anxiety and they will emulate you, adopting the approach of a more confident person, until they actually become that way themselves.

Newness is a good thing

Encourage your child to try new things. When children acquire new skills, they will feel more capable and confident that they can face new situations. The more your child faces the fear of trying something new and finds it to be a positive experience, the less afraid they are of new situations in general.

Failure is the best teacher

Allow your child to fail, even though it can feel strange. It's good to remember that children learn most from trial and error. Therefore, failing will teach children that it's okay to try something and have it not work out, instilling greater confidence to keep trying. It's good to frame failure as a 'first attempt' at reaching their goals.



Positive feedback fosters confidence

We all like to hear positive reinforcement and kids are no different. Praise perseverance and effort. Children will start to associate effort with positive feelings and feel good about continuing to try, even when it's difficult. Resilience will then help your child to keep trying even more, building their confidence on the way.

Help your child set realistic goals

Help them turn their dreams into realistic goals, and then develop a small action plan. Doing so will validate their interests and teach them how to achieve their desires, in a way that feels manageable to them.

Activities that help

Find your child some activities that make them feel comfortable. Children need to get involved in activities that they feel successful at or thoroughly happy doing.

These experiences are esteem builders and will make them feel confident enough to tackle bigger challenges.

Show your love

Make sure your child knows that you love them no matter what and remind them often. This is really important and is essential to raising a self-confident child.

PLAY, LEARNING AND CONFIDENCE

One of the ultimate ways education consultant Nathalie Barsoumian advises her community to instil self-confidence in children is through play. Play encourages children to develop skills that build self-confidence. During play, kids develop their imagination. They create imaginative dramatic scenarios or get lost in pretend worlds. They learn conflict resolution when they play and act out different resolutions, and this boosts their confidence.

They make their own rules and learn how to adapt them when needed. In Nathalie's previous years as head of Preschool, she reinvented a safe play and inquiry-based learning space and it was a roaring success in terms of child self-confidence.

Early Childhood Centre

Confidence is essential to a child's growth and development. When children are confident, they can challenge and motivate themselves to learn new skills and discover the world around them. Nathalie Barsoumian is establishing an early childhood centre that considers confidence building to be central to children's holistic development. The Handprint Early Learning Centre strongly believes that confidence is key to learning and future success. Their mission is to drive and mediate young children's abilities, autonomy and self-confidence through a blended play-based and curiosity-driven approach. The centre provides a well-structured, stimulating, and authentic learning environment that combines

safety and comfort with rich and interesting age-appropriate material. Through its innovative and inclusive instruction methods, children will develop their confidence and skills holistically in a safe, supportive, engaging, and appropriately challenging learning environment.

This Handprint Early Learning Centre is a private bilingual nursery and preschool, located here in Dubai, and set to open later this year. The centre provides a happy, trustworthy and sustainable environment for children between 14 months and six years. Nathalie feels an educator's role is to facilitate learning by observing kids and their interests, and developing a secure environment that pushes children to gain new skills and build their self-confidence, and this is what the centre's aims are.

Don't be afraid to ask questions

No matter where you choose to send your child for their education, it's always important to make sure that it's an environment that supports your child's confidence and esteem and aligns with your parenting goals. Don't be afraid to ask educators questions about the curriculum and how their methodologies support confidence building.

THINGS TO AVOID

Now we will look at scenarios to avoid as a parent if you want to instil a sense of true confidence in your children. These are situations and habits that are all too easy to slip into as a mum or dad, but do damage to the goal of fostering self-confidence in children.

Don't get upset about mistakes

Teach your child that we all make mistakes, and the important thing is to reflect on them and try again. The greatest example of this is when you don't get upset about mistakes they make. On the other hand, if you do get upset, it teaches kids that they can't make mistakes which erodes their confidence in trying anything.

Don't overpraise

Praising your child for their accomplishments is fantastic. However, overpraising can backfire.

Praise that doesn't feel earned, doesn't ring true. Keep that in mind, and remember to be authentic when you praise, emphasising the effort more than the results.

Don't criticise

Harsh words and expressions such as "you are being lazy" are harmful and not motivating. Instead, stay positive in your comments focusing on what you want them to do and guiding them with patience.

HELPFUL PHRASES FOR CONFIDENT KIDS

Sometimes, no matter how good your intentions as a parent, it can be hard to find the right words in the moment. Here are some things to keep in mind to tell your child if the opportunity arises, as they will help boost their self-confidence, as well as your parent-child relationship.

- "I can see that you worked so hard on this! Tell me more about what you did!"
- "I love playing with you"

- "I love spending time with you"
- "How about we try something new?"
- "I trust that you make good decisions"

With this kind of praise, your child will put effort into things, work toward goals, and most importantly, will have the confidence to try, knowing that they might fail. When your child does that, they are infinitely more likely to succeed.

Ultimately, raising a self-confident child is a journey of highlighting and positively reinforcing the right things, such as effort, resilience and the process of trying, whilst also avoiding negative feedback or too much focus on other areas like results, mistakes and failures. Self-esteem and self-confidence can't be built in a day and these are ideas that work best when incorporated into your parenting for the long term. That being said, you should see your child's confidence begin to grow very quickly. However, the longer you parent with confidence in mind, the more unshakeable and permanent kids' inner confidence will become!



HOW TO CHOOSE THE RIGHT PAINT FOR YOUR BABY'S NURSERY

Here are a few tips and tricks from Jotun Paints to keep in mind when picking a colour for your little one's nursery.



Expecting a baby is one of the most exciting times in your life, and it's natural to want to get everything as perfectly prepared as possible. A lot of time and effort usually goes into planning the look of your baby's environment, especially the nursery. A crucial aspect of preparing the nursery is painting the walls, to provide a space that is positive and pleasant for your new arrival to grow in. With countless paints and hues available from several different suppliers, it can be a challenge to choose the right colour. Let's look at what to consider.

The power of colour

Colour has a significant impact on the way we think and feel, and the same is true of babies. Different tones can contribute to distinct feelings such as excitement, anger, comfort, calm and more. Therefore, it is essential to consult the wisdom of colour psychology to select the best hue, one that complements the overall atmosphere of your home and also helps to put your baby at ease. For example, light shades of green promote calm and serenity due to their relationship with nature. Similarly, shades of light pink

can evoke feelings of love and joy. It's more common these days to avoid choosing gender specific colours as many new mums feel blue for boys and pink for girls is an old-fashioned way of styling your nursery.

Is the paint washable?

The nursery is often an area that gets dirty quickly. It's a place where stains are more likely to occur on the walls. Whether you prefer paint that has a silky finish (glossy) or a non-reflective matt paint, pay attention to the washability of the paint. The more washable the paint is, the less hassle cleaning it will be. If the paint has superior washability, the colour won't fade when you need to clean up dirt and stains, keeping the walls looking as good as if they were freshly painted.

Go low or zero VOC

VOC means volatile organic compounds. These are harmful chemicals that vaporise at room temperature and enter the atmosphere. Using paint with low or zero VOC is not only more environmentally friendly, but also critical for the baby's safety as VOCs are known to contribute to many health conditions, including breathing difficulties, fatigue and more. By opting for low or zero VOC paints, nurseries are more likely to be a toxin-free environment, as well as having improved air quality. Low VOC paints have 50 grams per litre or less of volatile organic compounds, whilst zero VOC paints have only 5 grams per litre or less. Water-based paints normally have lower VOCs when compared to oil-based paints. However, it is still important to check the actual VOC content of your chosen hue. This measurement is usually displayed on a paint's technical data sheet, but can also be checked with a paint expert.

Avoid smelly paint

Paint often smells. Although most paint odours are harmless, exposure to vapour from paint with high VOCs can harm adults and babies. Nevertheless, paints with low or zero VOCs are not necessarily odourless and may still negatively impact a baby's comfort level. Some modern interior paints are both low in VOCs and contain properties that don't emit any smell, making them a great



choice. However, if odourless paints are not available, it is wise to keep the nursery well ventilated when painting to get the smell out as quickly as possible. This can be accomplished by keeping the windows open for an extended period after painting or by using fans to blow out the fumes. Even after the paint dries, it is recommended you use HEPA (high efficiency particulate air) filters to remove any lingering odour.

Minimise bacteria transfer

Naturally, the nursery is where little ones will spend a significant amount of their time. While exploring the room, they are likely to come into contact with the painted walls. This makes it imperative to choose a paint that is 'safe' to interact with. This means selecting paints that have antibacterial and antifungal properties, which minimise the transfer of bacteria on contact. Using water-resistant paints that leave walls easy to clean can help remove unwanted stains and smudges, while also preventing the accumulation of germs.

Testing is vital

It is always best to test paint before you take the plunge. This helps prevent costly mistakes, including safety, time and money. Paint can be tested on a small patch of

wall so you can observe it over a period of time, under different lighting conditions. Paint colours are known to look different depending on factors like lighting, finish, amount of paint used, the existing colour that will be painted over and more. It's also a good idea to give odours extra time to dissipate, as they might take longer than you anticipated. Therefore, it's best to start planning and testing the paint of a nursery early to ensure a smooth transition in welcoming and providing your little one with a safe space to stay.

Get creative!

Don't be afraid to indulge your creativity while painting your child's nursery. Make it playful by painting stencils of different shapes on the walls that little ones will love. If two babies are sharing the room, two colours can be chosen to separate the room and evoke a personalised feeling in each baby's space. Painting the ceiling can also be a simple but different way to add colour to the space that entices little ones to wonder and explore their imagination.

All in all, there are many factors to keep in mind when selecting the perfect colour for your arrival's new nursery. The main thing is to choose a hue that is non-toxic, washable and soothing to make a place where your baby can be safe, calm and happy.



THE EFFECT OF SOCIAL MEDIA ON PARENTING

Sharing photos of our little ones on social media may seem harmless. However, there are a few potential dangers to look out for before clicking 'Post'.

Social media dominates the world that we live in. It has changed how we interact with each other, how we work and even how we raise our kids. Nearly everything that happens in our lives gets considered in a social media context. Thoughts like 'If I take a photo of this, will my Instagram followers like it?' bubble up before first thinking whether or not we want the photo for ourselves. We have been conditioned to prioritise sharing moments over enjoying them. And it's totally understandable, it's not your fault. Becoming aware of it is half the battle. With this awareness, we can take a second to double-check if we're doing something for ourselves, or for online admiration.

It goes without saying that this has an impact on our parenting. Are we focusing too much on the perfect photo, perhaps tainting the organic nature of the present moment? Let's take a closer look at how social media affects our relationships with our children so we can be sure to re-centre our attention and give our kids what they really need.

COMPARISON IS THE THIEF OF JOY

Possibly the most dangerous effect of social media is the way that it makes us compare our lives to the lives of others. If you were to post a photo of your little one and it receives less likes than a photo your friend posted of their child, how would you feel about that? Would you feel that the photo was bad or even that people prefer the other child?

Perhaps someone you follow online is always taking their family on exciting trips and showing their children different parts of the world. Or a mum you know just got a promotion in work and somehow is being the perfect mother while excelling in their career. It's crucial to remember that what we see online is only a pinhole view of that person's life. It's curated by them to highlight the good bits and hide the bad. Everyone naturally wants to appear to be succeeding, hence the lack of more 'honest' posts about failing at something or even just making a mistake. People's lives look so perfect online but that couldn't be further from the truth.

We need to understand that social media can make us think in comparative, negative and irrational ways. Many studies have shown that unplugging from social media tends to make people happier. A great place to start is by seeing your own family, beautifully unique as it is, and recognising that it's your life, you're doing your best and that's all that really matters!

DON'T MISS THE MOMENT BY TRYING TO CAPTURE IT

It's far more common than not for parents to overshare about their children on social media. Every time we see our kids do something adorable, impressive or generally interesting, we instinctively pull out our phones to capture it. And we tend to go a step further and post this photo or video online. This is totally fine every so often but if you



catch yourself doing it multiple times per day, it's possible that you could be oversharing. One of the main issues with this is that our first thought is not to intentionally enjoy the moment with our child, but to share it with others. How many milestones in your little one's life have you seen through your phone's camera as you record it, instead of purely just watching it unfold? Don't beat yourself up over it, we all do it! But trying to pull back a little and put the phone back in your pocket goes a long way.

HOW DO OUR CHILDREN FEEL ABOUT IT?

As cute as we think it is, it's possible that our children don't enjoy being put on social media. While we may think it's harmless, it's definitely worth chatting to them about it, to find out how they feel. Lots might be totally fine with it, others might prefer it to happen a little less often, and some may not like it at all. What if your little one found out that a photo of them didn't get as many likes as a photo of their friend from school? They're probably not going to feel good about that. This can affect a child's

self-esteem from a very young age, at a time when they should just be having fun and not really caring about how they're perceived.

We have all had embarrassing photos taken of us that we wish never existed. Luckily, these were often actual photos as opposed to digital ones. The evidence was there but not available for the whole world to see! These days, once you put a photo on the internet, it's there forever. You have no control over who shares that image or where it ends up. Even if you delete it from your social media, it's almost certainly still somewhere on the internet. A photo of your little one covered in spaghetti may be hilarious but they might not appreciate it resurfacing 20 years later when they're applying for a job and trying to come across as serious and accomplished!

It can be so nice to put photos of our children on social media so that our friends and family can stay up to date. But there are lots of drawbacks and pitfalls to be aware of. With this knowledge we can be more balanced in our approach and keep our child's best interests as the priority.

EDUCATION



Sustainable thinking
for early learners; why
play might be the key to
learning and more!





A LOOK AT DURHAM SCHOOL DUBAI

In this month's issue, we take a look at all that Durham School Dubai has to offer its pupils.



WHO ARE DURHAM SCHOOL?

Durham School Dubai is a true branch school of its home in the UK and as such, offers an authentic, British independent school experience. It has the same high expectations for academic achievement and is proud of its kind, supportive learning environment and outstanding pastoral care. The school, adjoining the Green Community, enjoys excellent facilities and a superb British teaching staff. Together, these combine to enable each and every pupil to realise their full potential in all senses - both academically and developing the skills and confidence for life. These skills play a huge role in helping us to navigate finding a fulfilling and responsible role in our ever-changing society.



VALUES FOR LIFE

The ethos of the school is built upon the Durham values, which underpin everything the school does. Much more than simply a statement on a website, the character of the school is rooted in the desire to promote moral integrity, ambition, responsibility and

kindness. This extends not only to the pupils, but to the entire school community. True to their values, Durham is an institution that works together to build an honest, kind school where everyone will feel comfortable and find success.

ROOTS AND WINGS

In the fast-paced city of Dubai, Durham sets out to give its pupils 'roots and wings'. Roots, meaning a sense of the great history of the school and the grounding and belonging feelings the school engenders in its pupils, and wings, referring to the encouragement of ambition and development of talent that will allow all pupils to fly.

AN AUTHENTIC EDUCATION

Durham School Dubai is a school that knows what it is and what it wants to achieve. Backed by the management of Durham School in the UK and led by a hugely experienced and successful management team in Dubai, Durham School Dubai is determined to provide an authentic UK school experience, that enables their pupils to experience not only academic success, but also how to hone the social skills, empathy, kindness and compassion required to make a fitting and valuable contribution to society.

IS PLAY THE KEY TO UNFORCED LEARNING?

Anjum Ali, Head of Kindergarten at Global Indian International School Dubai, looks at why play is an essential element to natural learning and how it creates children who love to discover independently.



Play is a crucial component of development in children. It incorporates critical problem-solving and learning skills, such as creativity, resilience, and collaboration. When children are encouraged to play in an enabling environment with the right resources, they can develop self-directed learning habits that foster curiosity for lifelong learning.

DISCOVERY IN EDUCATION

School education should focus on a holistic approach, along with integrated lessons and activities that build knowledge through discovery. Play is necessary to bring out the best in children during their formative years. It's important for schools to strive to create an environment where students can nurture their self-directed learning through an array of interesting activities, like role-playing, imagination games, interacting with plants and animals and much more.

In the classroom

At the core of any good educational program is play; it is essential to create an engaging and meaningful learning environment for young learners. By bringing elements of play into the curriculum, teachers will be able to foster curiosity and unforced learning. A play-based approach can be a powerful way of facilitating this as it involves both child-initiated and teacher-supported activities, effectively encouraging children to think outside the box and take their understanding to a higher level. The answer lies in allowing children to explore the world around them, through open-ended tasks that engage their inquisitive nature – fostering a life-long love of learning.

Flexibility in learning

Through this approach, routines should be set up so children feel secure as they move through instruction. At the same time, these

routines should allow flexibility for meaningful exploration. The teacher's role is to provide structure while also allowing freedom within those boundaries, guiding the students in the right direction but not being overly prescriptive. This type of teaching requires a deep understanding of child development, as well as an ability to build strong relationships with children in order to nurture their inquiry. The teacher must be able to observe and assess the children's needs, and know when it is time for more direct instruction, while having the wisdom to know when it is best to take a step back and give kids room to explore on their own. It takes patience, practice and creative thinking, but paves the path for a greater sense of self-confidence among students as they successfully complete tasks and explore their own passions.

For instance, GIIS focuses on developing various areas of a student's life, from creativity and compassion, to innovation and entrepreneurship, through carefully crafted programs and initiatives, designed to provide students with immersive learning experiences. It's schools with discovery at their core that produce the happiest learners, so bear that in mind when it comes to your child's education.

Ultimately, a play-based approach to education is an effective way of promoting inquiry-based learning while also creating a safe and supportive environment for students to thrive in. By allowing children the time and freedom to investigate, make mistakes and learn from them, they will develop key skills that will be essential for their future endeavours.





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SUSTAINABLE THINKING FOR EARLY LEARNERS AT MAPLE BEAR NURSERY

We look at five ways to teach little ones intuitive and eco-friendly habits with the environment in mind and why these ideas are important.



As educators, today we have a responsibility to teach students the importance of the environment, and also to make sure they are taught the necessary strategies needed to tackle the problems our planet faces. To thrive, 21st century students must be empowered to take on the challenges of the future.

We know that when it comes to environmental issues, human action and habits play a tremendous role. While the challenges may be monumental, the good news is that we're never too young to build positive habits and to have a transformative impact on the planet.

Nida Hussain, Director of Marketing and Operations, Maple Bear Gulf Schools, looks at five things that Maple Bear nurseries are doing around the UAE to show the next generation the way to a more sustainable future.

UPCYCLING ARTS AND CRAFTS SUPPLIES

Not only is it great to extend the life cycle of the range of materials and supplies we use in the classroom, but we've found that it's a wonderful way to get families engaged in the creative process in the classroom too. Each month, our teachers take time to organise scraps and match partially consumed supplies to ensure waste is minimised. We also ask parents to send in packaging and domestic cardboard waste that would otherwise be discarded. The students love the

process of creating a bespoke aesthetic, made even more special through the personal contribution they know their mom and dad have made to the project or the class.

SHOWING THE POWER IN POWER CONSERVATION

There's no denying that our lifestyle in this part of the world depends on high energy consumption. While it wouldn't be practical to go without air conditioning or light most of the time, there are still little things that can be done to give the planet and the atmosphere a break.

Each of our classrooms takes a 'cool down' break during the day. The objectives of this are twofold: to be aware of the environment and the self. Teachers arrange kids in a group learning seating arrangement or in a relaxed stance. With the lights switched off, a few moments of mindful breathing and inward focus, or a 'cooling' of thoughts takes place, accompanied by verbal acknowledgement of the part we have played in saving energy and giving the planet a moment to cool down as well.

REDUCING PLASTIC WASTE

With DubaiCan, we can all reduce plastic and that has become part of our teaching. We are fortunate that sustainability and planet focused thinking is a passion for our leaders here in the UAE. With the launch of the DubaiCan initiative, we refreshed our own relationship with water at the school. While water dispensers have always been available for our teachers and students, DubaiCan gave us a renewed push towards discouraging single use plastic bottles. Teachers now look at each water refill request as a high-five moment, recognising the child's responsible choice with enthusiasm and noting the effort as a collective win for the earth and the animals we share it with.

CREATING LITTLE GREEN THUMBS

The vegetable garden has quickly become a favourite part of the preschool for students and teachers alike. Especially during the cooler months, or planting season as it is known to us, our students learn how to plant, nurture, grow, and harvest vegetables



in the school yard. Not only are they connecting with nature and witnessing firsthand the plant life cycle, but they are simultaneously gaining awareness of how much love and effort it takes to grow food – so much of which goes to waste so often. As well as this, children see that food which doesn't travel as far to get to their plate is better for the planet.

LET'S TALK ABOUT COMPOSTING

Showing kids the power of food composting and the magic of organic food is important at Maple Bear nurseries. Small as it may be, the food compost at each of our schools is a unique experience for the students who are typically used to just tossing food waste in the bin. The benefits of composting are many, but for little students, composting is a great way to encourage smarter consumption habits, as the transformation of the food peels and scraps into soil really demonstrates what the risks are of overburdening the planet with non-organic waste. There is the added joy of using the compost to nourish the plants we are growing in the garden, an experience that really seals the deal with little ones, as the kids get to play a part in making their plants and vegetables even more healthy and strong.



The importance of sustainability cannot be overstated in today's world. We believe that no child is too young to integrate eco-conscious habits into their daily life. The sooner little ones begin to think and act with the climate in mind, the more prepared they will be to face the great environmental challenges of this modern age. What better way to achieve this than to reinforce eco-positive habits at home and through their education? By instilling a sense of connection to the planet and their personal actions from a young age, Maple Bear nurseries hope to shape 21st century students who are able to have a transformative impact on our planet.

SCHOOL & FAMILY BREAKS



We take a look at the
best holiday deals on
offer for families this
January!



A nighttime photograph of a European city, likely Geneva, with a prominent church spire on the left and a large mountain in the background. The city lights are visible, and the sky is a deep blue.

MARVELLOUS DESTINATIONS FOR THE NEW YEAR

A holiday may not be on your mind at this time of year, but there are excellent value holiday packages on offer between now and the end of February that families can enjoy together.

From snowy landscapes to sun-kissed beaches, the new year can be a lovely time for families and holidaymakers to visit an exciting winter wonderland destination. Here, we highlight a selection of destinations for parents and children alike to spend unforgettable moments together making memories.

The holiday packages from Capital Travel include flight tickets, 3 or 4 star hotel accommodation and airport transportation, with packages starting from AED 1,539 and valid for bookings until February 28, 2023.

GENEVA – INTERLAKEN, SWITZERLAND

Located along the banks of Lake Geneva and close to the Alps, Geneva is renowned as one of Europe's most beautiful destinations for skiing. Within close proximity, Interlaken is only a train ride away. The Swiss town is recognised for its glistening panoramic lake and remarkable mountain views, ideal for a winter wonderland getaway for all active kids and parents!

Abu Dhabi to Geneva - Interlaken return starts from AED 4,399 per person for 4 nights and 5 days, with economy class flights, 3 star accommodation with breakfast included and return airport transfers.

YEREVAN, ARMENIA

The historical city of Yerevan is well-known for its holy pilgrim sites and ancient monuments, ideal for travellers and inquisitive families to experience the city's heritage and modernity. From bustling winter street markets to climbing the world-renowned Yerevan Cascade giant stairway or visiting the seventh-century ruins of Zvartnots Temple - recognised as a UNESCO World Heritage site - holidaymakers can enjoy an immersive journey in the capital city to celebrate the beginning of the new year.

Abu Dhabi to Yerevan return starts from AED 1,539 per person for 3 nights and 4 days. As before, this package involves economy class flights, 3 star accommodation with breakfast included and return airport transfers.

SEYCHELLES

For travellers, parents looking to relax and kids who could do with a recharge, opting for a beach escape during the winter season could be a great idea. Seychelles Islands is a remarkable destination known for its pristine waters and magnificent nature. Your family will be spoiled for choice with various island activities, including fishing trips, helicopter rides, luxury boat experiences, diving and nature trail walks. This kind of trip is perfect for parents with slightly older children, looking to unwind and enjoy new experiences.

Abu Dhabi to Seychelles return starts from AED 4,399 per person for 3 nights and 4 days, with economy class flights, 3 star accommodation with breakfast included and return airport transfers.

MALDIVES

Situated in the Indian Ocean, Maldives is a hugely popular destination, known for its magnificent coral reefs, white sands and clear blue waters. The island nation is home to numerous family-friendly hotels and resorts offering a range of island activities available throughout the winter season. These vary all the

way from scuba diving to a traditional Maldivian boat tour and musical performances inspired by East Africa, Arabia and the Indian subcontinent.

Abu Dhabi to Maldives return starts from AED 4,499 per person for 3 nights and 4 days, with economy class flights, 3 star accommodation with breakfast included and return airport transfers.

COLOMBO, SRI LANKA

Situated on the west coast of Sri Lanka, Colombo is home to a myriad of cultures reflected within its offerings. Over the remainder of the winter season, visitors can enjoy its pristine beaches and take part in a variety of water sports activities. If this isn't your thing, perhaps you'd like to take your family to explore the traditional open-air bazaar of Pettah Market, visit Buddhist and Hindu temples and relax in one of the country's many wellness retreats. This is a destination with a multitude of different things to do, so you can design the holiday that's right for you and your children.

Abu Dhabi to Colombo return starts from AED 2,149 per person for 3 nights and 4 days, with economy class flights, 4 star

accommodation with breakfast included and return airport transfers.

ISTANBUL, TURKEY

Istanbul is one of the most popular tourist destinations, and for good reason! It offers your family endless choices, between the city's extensive and rich cultural sites and museums, traditional markets and delicious eateries. Places of note include the Hagia Sophia Grand Mosque and Topkapi Palace, but there is so much to do here, no matter if your little ones are younger or older.

Abu Dhabi to Istanbul return starts from AED 1,799 per person for 5 nights and 6 days, with economy class flights, 3 star accommodation with breakfast included and return airport transfers.

PHUKET, THAILAND

Located in southern Thailand, Phuket is the biggest island of the country and lies on the Andaman Sea. For those looking to enjoy a tropical winter, holidaymakers will be spoilt for choice with the many beautiful white sand beaches and cultural architecture. The island is a tourist hotspot, with plenty to do during the day and the evening - including experiencing one of the most magnificent sunsets in the island from the Laem Phromthep beach viewpoint.

Abu Dhabi to Phuket return starts from AED 4,139 per person for 3 nights and 4 days, with economy class flights, 4 star accommodation with breakfast included and return airport transfers.

LONDON, UNITED KINGDOM

The city of London is exceptionally famous as one of the most iconic cities in the world, and the largest city of England. London is the ideal destination for families seeking a shot of culture to start the new year with. If you and your loved ones are looking to discover a city rich in both heritage and modernity, London could be an ideal choice. It's home to magnificent annual events including world-class museums, art galleries and countless markets across the city.

Abu Dhabi to London return starts from AED 3,709 per person for 3 nights and 4 days, with economy class flights, 4 star accommodation with breakfast included and return airport transfers.



TBILISI, GEORGIA

Located between the North and South Caucasus Mountain, the city of Tbilisi is the capital of Georgia and has quickly become an attractive tourist destination for solo holidaymakers and families alike. Visitors can experience the city's distinct winter character. With markets in every corner, historical architecture and the famous sulphur bath quarter, you won't be short of a range of activities to satisfy your family this winter.

Abu Dhabi to Tbilisi return starts from AED 1,749 per person and 3 nights and 4 days, with economy class flights, 3 star accommodation with breakfast included and return airport transfers.

BAKU, AZERBAIJAN

The bustling capital city of Baku is the largest city in Caucasus, as well as the world's lowest-lying national capital city. Families can soak up the city's heritage and modernity while

experiencing Azeri culture and culinary specialties along the way, as well as fun snow activities, including skiing, snowmobiling, and snow tubing. This destination is perfect for winter sports lovers!

Abu Dhabi to Baku return starts from AED 1,879 per person for 3 nights and 4 days, with economy class flights, 4 star accommodation with breakfast included and return airport transfers.

HOW SHOULD I BOOK?

For more information, please visit www.capitaltravel.ae. To make a booking, email holidays@capitaltravel.ae or call Capital Travel on +971 50 337 0765 or +971 50 527 7634.

January might not be the obvious time of year for a family break, but it does offer families plenty of value for money and a truly lovely way to enter the new year, full of culture, quality time and relaxation - what could be better?

GOOD LIVING



Makeup that helps keep
our skin and the planet
happy, and the frizz
taming sensation you
need to know about!





INTERIOR DESIGN TRENDS: WHAT'S IN, WHAT'S OUT AND WHAT'S HERE TO STAY

Why not start 2023 on the right foot by exploring some interior design ideas and trends to incorporate into your home this year.

As the new year begins, it's a fantastic time for a fresh start with new beginnings, and your home should be no different. If you have been considering making some décor changes, this could be the time to do it. What exactly are the ideas, elements and trends emerging from the interior design conversation at the moment? Let's find out.

HOMES INFLUENCE OUR MOOD

Homes can have a direct influence not only on our moods but our overall well being. After a period of being forced to slow down and spend time in our homes during the pandemic, the desire to create an aesthetically soothing place has moved to the forefront of our thinking.

"Our homes have become an increasingly important anchor in our lives; they are where we spend the overwhelming majority of our time now," says interior designer Becki Willis, the founder of Studio Van Oliver, a UAE-based interior design studio specialising in residential design, home renovation and styling. That mindset is having a direct impact on interior trends, with maximalist and 'warm and cosy' now an entrenched interior approach that isn't going anywhere anytime soon.

"Our homes have a significant impact on our mood and wellbeing, and, particularly

after the last three years, people are looking for warm and welcoming spaces that simply make them feel good," explains Willis.

NATURE KNOWS BEST

The urge to feel grounded and happy in our homes has seen a trend towards earth and palette-cleansing tones in furnishings and accents, that mimic the harmony and serenity of nature. "Palettes and materials that are reminiscent of nature have come in with the new year as people look to harness the calming effect of the outdoors," says Willis.

Warm, earthy colour palettes, such as tonal browns punctuated with faded greens and moody charcoal, is a trend that is here to stay. We are also seeing more of a tendency towards natural, raw materials like textured ceramics, porous travertine, rustic accents or veined marble, adding depth and warmth to our homes.

Rounded shapes for calm

The serenity trend is also impacting the shapes and styles of furniture, with people shunning sharp angular edges for rounded and curved style pieces. People are experimenting with organic shapes, from curved sofas and coffee tables to perfectly imperfect hand-crafted ceramics, creating a more relaxed and calming flow in our spaces.



NATURAL MATERIALS ARE HERE TO STAY

While functionality and minimalism will still have a place in interior design trends, the 2023 approach will combine the peace of the pared back with a warming touch. Willis muses, “This year, minimalism no longer means monochromatic and sleek. It has warmed up through the use of texture and colour, but still offers the clean, open airiness people seek.”

Emirati designer Shafia Alkhyeli, founder of Soul Interior Studio based in Dubai Design District, tells us that over the past year there has been a surge of interest in natural stones, such as marble or onyx, being used in the home. “Marble, for example, will give off light, and can be used instead of windows,” she explains. “It also gives a cosy yet luxurious and fine look.”

Upcycling

Another trend that has emerged is the use of Iranian-made carpets which are being repurposed into striking pieces of furniture and soft furnishings, such as pillows and cushions. “This is a trend that popped up in 2022 and it will stay throughout 2023,” says Alkhyeli. Drawing on the conversation around the environment, this is a fun, intriguing and interesting way to upcycle a beautiful and quality item into a statement soft furnishing piece.

Sustainable thinking

After a spell of spending more time at home, people are now willing to spend more on interior design and renovation, Alkhyeli tells us. This ranges from large-scale refurbishment to touching up individual rooms and spaces in the home.

However, the designer says she sees a slight shift, with homeowners now thinking both more economically and more sustainably. “Clients are looking for slightly cheaper materials, such as ceramic

instead of granite - and also eco-friendly materials. A boom in 3D-printed technology will affect future home style, with the use of more organic and sustainable fabrics.”

COLOUR MAKES A DIFFERENCE

Jon Spurlock, Christopher Guy’s VP Global Creative Design and Development, says when it comes to trends, colours are changing with the seasons. “We are seeing more blues, but a different blue. Blue has been vibrant, now it is softer and greyed down. We are also finding more of the use of a dirty-gold, and musty orange colours are also being spotted.”

He maintains that furniture will remain modern this year, but with a strong want for more aesthetically crafted designs, adding: “The modern edge has been on the rise for some time, whereas now we are seeing strict straight lines move towards clean pieces with rounded edges - but still very modern.”

WELLBEING IS IMPORTANT

Diala Al Moussawi, a designer with interior company Collide, talks about the wellbeing trend in interior design and furniture and how it is dominating style. “This is especially true as many people are still working from home so there is more focus on comfort, light-on-the-eye colours and earthy items with a ‘natural environment’ feel - and she reminds us that indoor plants are always recommended, as a way of bringing the outdoors inside.

The heart of the home

Al Moussawi explains “There has also been a focus on kitchens since the healthy home cooking trend has been big during and after the COVID-19 pandemic. However, we are also seeing a trend of brighter colours and geometric patterns take over as if it’s time to live again; a more joyful time.”

There are a myriad of ideas emerging for all renovators out there to draw on for a home design facelift this year. 2023 is a great opportunity to explore the latest trends in interior products, designs and furniture pieces that you feel reflect your personal style into your home.



Here, I share my January beauty picks for happy, natural curls and organic makeup that promises to help your skin look its very best for the year ahead.

As we welcome a new year, I can't help but muse that it's a perfect time to make new skin resolutions to ourselves and embrace the power of clean, natural and sustainable products! I spend a lot of time searching for clean skincare, but this month I want to focus on makeup that is good for our skin health and our planet.

LIHT ORGANICS LIGHTS THE WAY

For many of us, makeup plays a part in our beauty practices, whether you like to wear it every day or just on special occasions. Good quality, affordable products that agree with our skin is what we all tend to be in need of. So... let me introduce you to Liht Organics, a sustainable clean makeup brand.

Options for everyone

Their aim is to provide a luxurious experience with every application. You can choose from a wide range of shades, each of which are high performance, intensely pigmented, ultra-nourishing and guilt-free, allowing you to express yourself in every mood and season. For those of you that are worried that going organic means compromising on colour options, I was pleasantly surprised and impressed with the extensive colour palette Liht Organics has to offer.

Ethical, healthy and high quality

Choosing this gorgeous brand guarantees that you are investing in your long term health, by using quality products made with a high percentage of certified organic ingredients, no nano-particles or harmful chemicals, and always non-toxic, vegan, cruelty free and sourced through ethical means.



Keeping the planet happy

Through advocating the use of organic and natural makeup, Liht Organics fosters a nurturing relationship with our planet, so we get to look and feel healthy and beautiful, while looking after the wellbeing of our earthly home - all of which sounds good to me!

Liht Organics is also about empowering women and mums to live fully, encouraging you to use makeup as a tool to express yourself in the multiple roles that you play every day - as a mother; a daughter; a wife; a career woman; a humanitarian - but most importantly as your own woman, unlimited by society's definitions and expectations. Therefore, it is their mission to equip you with the safest, best makeup products to express the many sides of yourself that make you feel confident, alive and beautiful, inside and out.

Heal while you conceal

This award-winning organic makeup is not just safe and beneficial for your skin and body, but can also heal and improve your complexion with regular use! So step into the new year looking and feeling like your best self, knowing that you're doing it responsibly. By opting for authentic organic products, not only are you choosing better for your skin but better for the environment too!

Shop their range of colour intense liquid lipsticks, concealers and foundations, lash-enhancing mascaras and more at all FACES and April Beauty stores in the UAE or online at www.lihtorganics.ae.





FRIZZ-FREE & HEALTHY HAIR FOR THE NEW

Revamp your hair care routine and embrace natural hair in all its glory with the 'Frizz-Off' line from The Hair Addict.

The new year is an obvious time to reset your goals for healthy, natural hair that looks and feels great. And if you don't know where to start, don't worry, because I am so excited to introduce curly haired ladies (like myself!) to The Hair Addict.

hair's texture. It's the perfect addition to your hair care routine for healthier locks. With a formula enriched by a tropical papaya extract, moisturising panthenol (pro-vitamin B5) and nutritious macadamia oil, you can enjoy a relaxing shower without the worry of how to tame your frizz outdoors.

CHALLENGING HAIR NORMS

Launched in 2016 in Egypt as an online community for women, it was founded by the former Procter & Gamble Senior Supply Chain Director and TedX Speaker, Doaa Gawish. The Hair Addict was set up to challenge all societal norms and to encourage women to unlearn negative societal conditioning around their hair. The aim of the community is to teach women that they are worthy of self-care, including sustainable hair care that uses natural remedies, organic or low chemical products..

The community has been featured in over 35 international media outlets and has birthed a dramatic social movement aimed at reforming the beauty standards in Africa and the Middle East, with women going heat free, embracing their natural curls and carrying themselves with confidence, resulting in the end of social taboos related to hair. Excitingly, having evolved into one of the fastest-growing natural hair products' suppliers in Egypt, The Hair Addict is now launching here, in the UAE.

FORGET THE FRIZZ

An issue faced by most ladies in the UAE is humidity-induced frizz. The Hair Addict's innovative Frizz- Off range, developed specially for the GCC, helps keep frizz at bay and maintains bouncy locks throughout the day and night, without compromising your

The Frizz- Off! Towel

Humidity isn't the sole reason for unwanted frizz, as it can also be created by friction from your regular hair towel. With The Hair Addict's Frizz- Off! Towel, say goodbye to the unruly look, as the soft microfiber towel turban dries your hair twice as fast, reduces breakage and leaves you with defined, frizz-free hair. A dream come true!

Frizz- Off Curl Activator

A lightweight, curl enhancing cream, The Frizz- Off Curl Activator may well become your latest hair care best friend when it comes to giving your curls maximum definition and letting your natural curl pattern shine. This revolutionary cream perfects your curls or waves, while maintaining moisture and balance and shielding your hair from humidity.

Frizz- Off Deep Conditioner

An intensely hydrating hair mask, the Frizz- Off Deep Conditioner supplies your hair with all the right nutrients and essential oils to give you moisturised, shiny, soft hair. Designed to eliminate frizz and reduce static, this deep conditioner is suitable for all hair types and gives your locks a thoroughly deep condition that keeps your hair in tip top shape!.

The Hair Addict products are now available at salons and stores. For more information and to place online orders, visit www.thehairaddict.net.

COMPETITIONS

motherbabychild.com/competitions

WIN! A NEWBORN GIFT HAMPER INCLUDING BIO-OIL GOODIES, WORTH AED 650



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

WIN! A STAYCATION AT DELTA HOTELS JUMEIRAH BEACH DUBAI, WORTH AED 2,000



A lucky winner will enjoy a one-night stay in one of Delta Hotels' stunning suites, alongside a dining experience. You and your additional guest will experience a delicious dinner in their newly opened gourmet restaurant, Jones the Grocer, where you can

enjoy a walk-in cheese room, exceptional Viennoiseries and freshly baked breads, as well as an exclusive range of gourmet food. Delta Hotels Jumeirah Beach Dubai is perfectly located between The Walk, JBR & Dubai Marina featuring beautiful rooms and suites, an outdoor swimming pool, a fitness centre and four separate restaurants and bars.

WIN! A LYRE'S BEVERAGES SELECTION FROM DRINK DRY, WORTH AED 525



Start 2023 with the chance to win the ultimate spritz pack, valued at AED 525! The festive season may be over, but there is still time to treat yourself and enjoy 1 x Lyre's Italian Spritz 70cl and 3 x Lyre's Classico Grande 75cl. Sophistication is a choice - so make it a Lyre's. The Italian Spritz is a unique aperitif that has been crafted

to capture the essence of a vibrant orange Italian bitter spritz, with tastes that are both distinct and contemporary. Like sunshine itself, the Spritz is bright with flavours typical of its origins. The sweetness from the orange is perfectly fused with the complex and astringent flavours of rhubarb - dry and deliciously refreshing.

Classico Grande is an award-winning non-alcoholic sparkling drink with notes of fresh peach and granny smith apple - perfect to sip alone or alongside the Italian Spritz for the perfect Amalfi Spritz.

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



WIN! A VOUCHER AT PASCAL TEPPER FRENCH BAKERY, WORTH AED 500

Enjoy a dining experience worth AED 500, at the French Brasserie, Pascal Tepper, situated at Four Points, Sheikh Zayed Road. It will be valid until July 30th, not applicable on public holidays. The voucher can be redeemed on both food and beverages, to a total value of AED 500. Amazing!



WIN! A VOUCHER TO SPEND ON SERVICES AT TARA ROSE SALON, WORTH AED 500

To mark their Dubai launch, Tara Rose Salon is offering one lucky winner a voucher worth AED 500 to spend on services, so you enter the new year looking and feeling the very best version of yourself! With three well-established salons already in the capital, the award-winning hair brand has expanded its offering to Dubai residents, and we can't wait! Located in Motor City and soon in Al Quoz 1, the salon will focus on all elements of hair styling. The Al Quoz branch will also offer men's services, beauty treatments, and the brand-new, prestigious Tara Rose Academy. Transcending the ordinary, you are guaranteed to feel instantly at home from the moment you arrive at a Tara Rose Salon. With cutting-edge hairstyles and excellent customer service, this brand is committed to ongoing education for their team, so whether you're enjoying a hair service, nail, lash, brow, massage, or facial treatment, you are in the best hands. Let Tara Rose Salon become your new one-stop shop to feel thoroughly pampered and refreshed!

WIN! A COMPLIMENTARY LUNCH OR DINNER AT VIVALDI RESTAURANT, WORTH AED 500



Enjoy a complimentary lunch or dinner at the authentic Italian restaurant, Vivaldi, nestled in the iconic Sheraton Dubai Creek Hotel and Towers. Popular for its creek and skyline views, along with delicious set menus and evening brunches, this is an opportunity not to be missed! The voucher will be valid till July 30th, again, outside of public holidays, and can be redeemed on both food and beverages, to a total value of AED 500.

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

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