

ISSUE 140 | FEBRUARY 2023 | DHS15

# Mother *Baby &* Child

IDEAS FOR CELEBRATING  
VALENTINE'S DAY

CAR SEAT SAFETY  
FOR CHILDREN

MANAGING SEPARATION  
ANXIETY

HOW EMBODIMENT  
CAN EMPOWER MUMS

THE TOP TRAVEL  
TRENDS FOR 2023

DELVING  
INTO THE  
EARLY  
YEARS AT  
SCHOOL!



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# EDITOR'S LETTER



## *Hello Mum!*

I hope you've had a great start to the new year and are looking forward to Valentine's Day! With so much love in the air this month, I've been thinking about all the ways there are to celebrate. From dinner in an amazing restaurant, to a really thoughtful gift, or even a casual trip to the movies, you'll find plenty of lovely suggestions on page 45.

Expressing love could mean going for a meal with all the family together, in which case, go to page 9 for inspiration, or if a picnic is more your household's style, we look at some delightful sharing charcuterie platters, to help you create a more rustic family occasion. We turn to self-love on page 14, with an article all about giving back to yourself through embodiment - a practice that's helping many mothers feel more confident, present and joyful in their parenting and their lives. Continuing on the theme of love, when it comes to the bond between parents and kids, it can be tricky to be apart! On page 28, we discuss how best to manage separation anxiety in little ones and ways to help them overcome their fear.

Elsewhere in this issue, you'll find an interesting piece all about Art Dubai and everything it has to offer kids (page 11), and a thought-provoking article on page 30 that discusses the importance of car seat safety and the vital role it plays in protecting children in the case of an accident.

You'll notice that this month's Education section (page 32) has a number of articles looking at Early Years in school. It's so important for parents to find the right programme for their little one, and I hope this overview of different options gives you a helpful glimpse into what's on offer.

With the new year underway, there is lots of planning to be done for some exciting travel in the year ahead. We go through the top travel trends for 2023 and how they might provide opportunities for your family to take more trips, or different styles of holiday, in the coming months - you can check it out on page 42!

As always, I've selected beauty items I think you'll love, on page 47, including a dreamy fragrance set that will leave a lasting impression, a timeless, special edition 18K gold and diamond pendant, that you'll want to treasure for years to come, and the haircare range that keeps your colour vibrant between salon appointments!

I'm going to leave some surprises in the magazine for you to discover for yourself, including the incredible competitions on offer in this issue. Do have a go at entering...and lots of luck and love to you this month!

Happy reading!

*Ella*

Editor

Mother, Baby & Child Magazine



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## Editor's PICK

### GET A SLICE OF INTERNATIONAL PIZZA DAY WITH MOTORINO

With International Pizza Day just around the corner, I wanted to let you know that diners at Motorino are in with a chance of winning free pizza for the whole year! This chance is one not to be missed, as Motorino's pizza is among the best in Dubai.

Award-winning Chef Mario's specialties include the Pizza Al Tartufo E Porcini and Soppresata Piccante. This hugely popular eatery, favoured by celebrities and locals alike, with its authentic Neapolitan-style pizza baked in a traditional brick oven, is ideal for a family night out.

From February 9-12th, Motorino is giving its lucky customers the opportunity to win free pizza for the entire year! To enter, all you need to do is order any pizza from the menu, and each order will count as one entry into the prize draw. So bring your little ones down to Motorino for a delicious family meal and a chance to win big!

*Email [eatout.ovh@jaresorts.com](mailto:eatout.ovh@jaresorts.com) or +971 56 216 5027 for more information.*





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## MAATE KNOWS THAT NATURE KNOWS BEST

As we're all trying to do our best to limit our environmental impact, I wanted to tell you about Maate, a sustainable, vegan wellness brand for babies. Founders Priyanka and Suresh Raina have combined traditional wisdom with modern science to create a wonderful range of natural products. They use the purest ingredients and responsible packaging, in an effort to care for both the planet and the future of our children.

The first of their new releases is organic, extra-virgin Coconut Oil, sourced from the lush South Indian countryside of Pollachi. This oil offers the gift of glowing, healthy skin for both mother and child. I really like Maate's naturally-enriched Baby Powder, which is extra-soothing for your baby's skin and will leave them with a gentle scent of Oud. Their lovely Kids Foaming Face Wash is pH-balanced and soap-free, and will gently cleanse and care for your child's precious skin. Lastly, their Diaper Rash Cream has a unique blend of protective oils and is free from harmful chemicals, helping to soothe skin irritation and itching, and to lock in the moisture of your baby's delicate skin. With more products on the way, I urge you to check out Maate's range. Mother Nature knows best!

*You can find Maate's range online at [www.maate.in](http://www.maate.in)*



# Inspiring Young Minds



Hummingbird Nursery, the leading center for early years education and care, is happy to announce that their brand new branch is now open in Dubai Airport Freezone. Hummingbird Nursery ensures high quality you can always trust by:

- Meeting the highest standards in teaching of the Early Years Foundation Stage (EYFS) curriculum
- Providing a safe learning environment that encourages children's active participation in their learning
- Ensuring teaching and care is provided by highly motivated and experienced educational professionals

Register this February to avail:

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Get in touch now to find out more about exclusive offers at our newest premium nursery



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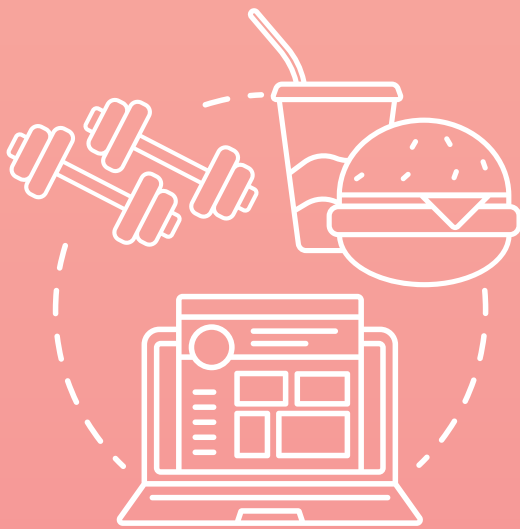


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# THINGS TO DO



Shrek the Musical; delicious picnic platters for all the family; kids' cooking classes; all about Art Dubai and more!



## RAISE THE BARRE!

Are you tired of your old workout routine and looking for something a little bit different? Then perhaps consider taking some barre classes at Barre Effect. With its roots in ballet, and drawing from elements of pilates and yoga, barre incorporates both cardio and weight training.

This Dubai-based studio provides dynamic, fun and high energy workouts within a wellbeing community that builds you up, and challenges your physical and mental strength in an enjoyable way! With handy 50-minute sessions, you might even be able to fit more than one barre class per week into your busy routine.

**Location:** Unit 114 Al Wasl Road, Al Safa, Dubai

**To book, contact the studio at [info@barreeffectdx.com](mailto:info@barreeffectdx.com) or call +971 4 548 7600.**



## THE SHREK-TACULAR WORLD OF 'SHREK THE MUSICAL'

Based on the Oscar-winning DreamWorks film, 'Shrek The Musical' is coming to town! It promises to delight kids with its comedic storylines, magnificent sets, hilarious characters and catchy show-tunes, brought to audiences in partnership with DU, Rove Hotels, and Dubai Calendar.

The show is the perfect experience for the young and young at heart, as guests can join Shrek, Donkey and the gang on their quest to win back Shrek's swamp, forging unexpected friendships and perhaps even finding romance along the way. The award-winning Shrek The Musical is guaranteed to be fun for all ages, and will have all audiences dancing and laughing all the way home.

Following the successful run at Ithra in Saudi Arabia earlier this year, this tour of Shrek The Musical has been enjoyed by over 10,000 people and will continue to be performed in more than 10 different cities throughout the year, making it the longest Middle Eastern tour of a Western musical!

**Location:** Dubai Opera, Sheikh Mohammed bin Rashid Blvd, Downtown Dubai

**Dates:** 22 - 26 February

**Prices:** from AED 275

Visit [www.dubai.platinumlist.net](http://www.dubai.platinumlist.net) for more information or to book tickets.



## SAVOUR THE FRUITS OF THE SEA AT OPEN SESAME



Open Sesame, at Hotel Indigo Dubai Downtown, promises unforgettable Seafood Nights where you and your family can dive into a delicious array of the freshest seafood every Friday night from 7pm. The buffet features tasty, premium selections including prawns, crabs, oysters and many other dishes such as ceviche and paella. Indulge your taste buds in a special seafood platter and pair it with house beverages for the ultimate dining experience, priced at just AED 299, or choose the soft beverage package for AED 199. Don't miss out on this fresh seafood extravaganza at Open Sesame this month.

**Location:** Open Sesame, Hotel Indigo Dubai Downtown

**Day:** every Friday

**Time:** starting at 7pm

**Price:** from AED 199

Visit [www.hotelindigodubai.com](http://www.hotelindigodubai.com) for more information, or call 056 422 7120.

## THE PERFECT PICNIC WITH DELILI'S PLATTERS



Delili, Dubai's latest homegrown online grocery platform with a focus on local and gourmet brands, has curated two delectable, ready-to-eat charcuterie platters, available as both vegetarian and non-vegetarian options. A perfect addition to a fun picnic or a gathering with family and friends, these artful, delicious spreads are sure to impress everyone.

Launched in September 2022, Delili was developed to be a trustworthy and high quality store that offers customers an easy-to-use browsing system, with a wide range of categories including special dietary requirements and barbecuing essentials. Delili is a one-stop shop for any family grocery need and caters to all individuals' taste and preferences.

The charcuterie grazing platters come complete with an array of high-quality ingredients from local and international producers, including a variety of savoury, artisanal cheeses such as Camembert, Soignon, black olive cheese, fruit and nut cheese and green Gouda. Complementing the cheeses are crackers, abuelo bread and quinoa sticks, alongside an assortment of dried and fresh fruits, goji berries, nuts, olives and jams. Savour the selection of cured meats they offer in the non-vegetarian option, from beef pastrami, to beef Hungarian salami and dried lamb chorizo (AED 180). Alternatively, the vegetarian option (AED 150) features fresh vegetables in lieu of meat, serving up something delicious for everyone.

Delili charcuterie platters are the essence of effortless entertaining, family picnics and also make a memorable gift, beautifully arranged and delivered with care. They are available to order on [www.delili.ae](http://www.delili.ae), with hassle-free same day and next day deliveries to Dubai, Sharjah and Ajman, and they even give you 25% off your first order.

*Please visit [www.delili.ae](http://www.delili.ae) for more information.*

## KIDS COOKING CLASSES AT CARLUCCIO'S



Learning by doing is always a big hit with the little ones, especially if you have a rising master chef at home! Consider sending your child to one of Carluccio's kids cooking classes every month, from pizza and pasta masterclasses, to cupcakes, cookies and gingerbread decorating classes. All sessions are suitable for children from 4 to 12 years old.

Carluccio's motto is minimum fuss, maximum flavour, while always using the best ingredients. From pizzas, pastas, mains, and desserts to signature blend coffees and deli products, Carluccio's food is top quality, and the classes take place in a warm, family-friendly atmosphere. A recipient of several awards over the years, Carluccio's is the go-to place in Dubai for casual Italian dining and now, for your little ones to learn the art of Italian cooking.

Why not bring your child down to Carluccio's so they can try their hand at cooking great quality, authentic Italian food, for a memorable experience!

**Locations:** The Dubai Mall, Dubai Marina Mall, Arabian Ranches 2

*Visit [www.carlucciosme.com](http://www.carlucciosme.com) to register or email [hello@carlucciosme.com](mailto:hello@carlucciosme.com) for more information.*



# ALL ABOUT ART DUBAI

*Benedetta Ghione, Executive Director of Art Dubai talks to us about how it could help your child get involved in making and loving art.*



Benedetta Ghione has worked with Art Dubai for the past seven years, helping to nurture artistic practice, cultural development and education initiatives. Let's look at how this work helps kids engage with art.

## What is Art Dubai?

Art Dubai is the Middle East region's leading international art fair and the leading fair for the Global South. However, over the past 17 years, it has developed into so much more than an annual event. We now offer a year-round creative programme which includes activities for over 6000 school children in the UAE. We are proud of our role as a catalyst for, and an important driver of Dubai's cultural economy; and to be regarded as a home for the next generation of so many galleries around the world, who choose to exhibit at the 5-day fair. This coming March, we will present over 130 participants from more than 40 countries and six continents across four gallery sections: Contemporary, Modern, Bawwaba and Digital.

## What is the children's programme?

I am particularly proud of the extensive program of artist-led workshops that we offer and how year on year, we are able to reach out to more children. This year with our partner, A.R.M. Holding, the Children's Programme will take place at Art Dubai (1-5 March), before heading to around 100 schools across Dubai to offer more than 6000 students, aged between 5 and 17 years old, the opportunity to enjoy the workshops. A.R.M. Holding has a

commitment to artistic education and supporting the development of Dubai's creative economy.

We also run an extensive school tours programme so children can come and visit Art Dubai with their schools and have a curated trail, and we always get great feedback from the children.

This kind of innovative, artist and partner-driven approach is crucial to getting young children excited about art and together, this combined activity allows us to offer the largest arts education programme in the UAE.

## Which artist is leading the workshop?

This year's edition will feature Swedish artist Jacob Dahlgren. He will lead students in imagining and collaging together designs that will later be sewn and transformed into flags, using mundane materials from Dahlgren's local surroundings. An extension of his ongoing project Signs of Abstraction, this workshop will give students around the UAE the opportunity to learn how to creatively and abstractly think about their environments and work together towards a common goal, all while creating collaborative artworks - colourful tapestries and flags.

The A.R.M. Holding Children's Programme will first take place at Art Dubai between March 3rd and 5th before expanding to around 100 schools the UAE between April and May.

## What else should families know?

During the five day fair, we have a huge variety of art on show - from painting, sculpture and live performances, to the most cutting-edge digital art, alongside a variety of great restaurant pop-ups and daily workshops. There will be something for the whole family to come along to and enjoy!





# WELLBEING



The importance of vitamin K; the issue of recurrent miscarriage; the power of embodiment and more!





# BOOKS THAT BOOST YOUR CHILD'S WELLBEING

*Books are a great way to influence your child's wellbeing, imparting some of life's most important lessons about culture, empowerment and understanding their emotions.*

## SPARK CULTURAL CONNECTIONS AND A LOVE OF READING

Acclaimed Emirati author and member of the UAE ruling family, HH Sheikha Salama Bint Hazza Al Nahyan, is on a mission to inspire and raise awareness around the UAE's cultural heritage among young people in the region. Her literary works impart important wellbeing wisdom about empathy, love and kindness.

With her writing, Her Highness Sheikha Salama provides books that are concerned with the culture of Arab and Emirati children and hopes to connect with younger generations coming from different cultures and backgrounds. To date, she has published 5 inspiring children's novels: "The Invisible Orphans", "A Play On Children's Rights", "The Well of Mysteries", "Umm Al Nar", and "The Horse, The Saluki, & The Falcon".

Her mission is to encourage and bring back the joy of books to young people across the world and help spark imagination, by sharing stories from Emirati culture and heritage that provoke your little one's sense of curiosity and exploration.

*Visit Sheikha Salama Bint Hazza Al Nahyan's website to purchase her books in hardcopy or as an ebook.*

## WHY BEING UNIQUE IS A SECRET POWER

American author Lindsay Rosenzweig is now a Grade 2 Teacher at GEMS World Academy here in Dubai. Using her experience from the classroom, she has written a new book, *Sandstorm*, which covers the all-important topic of self-

esteem. The main character, Omar, is taller and looks older than his peers which means he sometimes gets left out. But when a sandstorm hits his school and teacher Ms. Rose gets into a bit of a fix, there's only one person in the classroom who can come to the rescue! Perfect as a bedtime story, this illustrated tale helps you teach your child the benefits of being different at a time when everyone wants to fit in.

*Sandstorm is newly launched in the United Arab Emirates and is available via amazon.ae and bookshops throughout the UAE.*

## TALK ABOUT STRESS WITH CHILDREN THROUGH STORIES

If you're looking for ways to talk about feelings with your little one, check out *Kameel & Friends: The Big Win*. It follows the adventures of a camel named Kameel and his animal friends as they navigate different emotions and personal challenges. Drawing on themes such as friendship and kindness, it emphasises that winning isn't always about coming first.

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

*Kameel & Friends: The Big Win is available online at [shop.askexplorer.com](http://shop.askexplorer.com) or at any major bookstore countrywide.*

# HOW EMBODIMENT EMPOWERS MUMS

*We dive into the simple practice that can help mums connect more deeply with themselves, to feel better confidence, clarity and ease in their daily lives as mothers.*







[www.euniqueproducts.eu](http://www.euniqueproducts.eu)

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You deserve to have the tools to allow you to be at your best. Motherhood isn't easy and it can be helpful to put effort into replenishing your own energy in order to be the best mum you can be! Most of us internalise lots of messages around how to be a good mother, friend, daughter and other roles, but rarely are we shown how to be a great version of ourselves, in touch with how we feel. Succeeding in your roles is fulfilling but doesn't always equate to feeling connected to yourself, and many people, mums included, can't help wondering if there's something missing from their experience of life.

### HAPPINESS AND SUCCESS - WHAT'S THE DIFFERENCE?

There are many ways we tend to measure our lives and achievements by - education, finances, job titles, a happy marriage, our circle of friends etc. These can come from our internal beliefs or societal standards

and expectations. It's totally normal to be influenced by these factors! However, as you mature and grow into motherhood, many women start to look a little deeper into themselves and begin to feel the urge to seek out something beyond these ideas, in order to live more intentionally. Most of us agree that we can only give what we've got within us, and so, nourishing and connecting to yourself is not a selfish pursuit, but actually allows you to give more to your relationships and your role as a mum, because you have more of what you need in life and are under less stress or strain.

### EMBODIMENT

Wanting to step further into your personal power is a common feeling that arises, either as you age, as you handle the curveballs of life, or, simply as you look to live in a way that helps you feel your best. There are many self-development or therapeutic avenues out there that can support personal growth. Mums

often have many demands on their time and energy, and so it's important to find a practice that is a natural and easy fit for mothers to implement.

One of these arenas, is the concept of 'embodiment'. It's a practice that asks us to remember that our mind and body are connected and not separate entities and has become very popular within wellness circles in recent years. It's common to hear it in the same breath as 'mindfulness', as they both centre around bringing our awareness to the present moment. However, while mindfulness focuses on slowing down the mind to be intentional in the world around us, embodiment is based on our body. The principle idea is to reconnect our physical experience to our mental experience and to listen to the body's signals as a way of understanding ourselves more deeply.

### FEELING OUR WAY THROUGH LIFE

Whether consciously or not, we do experience all life through physical sensations. Whether it's a twisting sensation in your stomach when you're uncomfortable, or a knot in your shoulders when you're quietly under stress, or maybe it's a sensation of lightness in your chest when you hear some happy news or receive a sweet hug from your little ones. All of life is filtered through the body and we just have to tap into that process to know ourselves better.

### DISTRACTIONS

It can come as a shock how often we miss signals from our body. Life is busy and it's easy to accidentally mask these physical messages in the midst of daily schedules, tasks, timetables and thoughts. Not always noticing what your body is telling you is a common consequence of the way modern life is set up, so don't worry if this is you! The way back to feeling aligned is easier and more natural than you may think.

### MEET YOURSELF WHERE YOU ARE

Embodiment allows us to become familiar with our bodies' wisdom and internal reactions, regaining an understanding of ourselves that can otherwise get buried. We are all affected by our thoughts, feelings, responses and our physical experience.

Embodiment invites you to check in with your body, as a method of living more authentically as you truly are, by acknowledging how you feel more often. Your clarity will increase with practice and this awareness should slowly move towards a feeling of ease, bringing you the groundedness that allows you to be your most comfortable and confident self.

## WAYS EMBODIMENT CAN HELP

With sustained practice by yourself, and embodiment coaching if needed, embodiment can also lead you to:

- Become gentler, kinder and more compassionate towards yourself
- Strengthen romantic and family relationships by knowing what you need for yourself first
- Have more patience with your children
- Identify the subtle ways you are disembodied in your habits, relationships or work
- Improve your general wellbeing
- Let go of unresolved experiences
- Feel increased gratitude and contentment with what you have
- Feel bonded and present with others
- Handle challenges and changes more easily
- Align with your internal self

## SELF-CARE TIPS THROUGH EMBODIMENT

At a time when distractions are on the rise, it is a revolutionary act to ground yourself in your relationship with yourself. Here are some simple ways to start incorporating embodiment self-care practices into your week.

## Take up space

Become aware of how you are physically in space. Do you feel light or heavy? How does the chair feel beneath you? Can you feel a breeze? Are your arms folded or relaxed? There is no judgement here, the aim is simply to increase how in tune you are with your body when taking up space.

## Ground yourself

Try to be relaxed when going about your daily tasks. Release any tension you may be holding in your neck, shoulders or back in particular, and make an effort to breathe deeply. If you find yourself hunching or feeling rigid, do a few simple stretches and don't be afraid to shake your limbs out. You will be pleasantly surprised at what an effect this can have on your stress levels and your confidence in the moment. Make sure to plant your feet on the floor. This is a simple but excellent way to feel grounded and stable, physically but also mentally.

## Speak well of your body

We are taught to always push our bodies, challenge them, treat them like an object that

needs to be trained and developed. Try to shift the way you speak about your own body. Keep your words positive and try to praise your body for the ways it houses you, brings you about your day, adapts to your life, helps you look after your children and is strong and beautiful in its own right.

## Look for sensations

Having a daily movement practice, such as yoga, walking, or some mindful exercise can be a really helpful way to feel 'embodied' within your physical form. Even engaging the senses with new tastes, a relaxing hand or foot massage, an intentional soak in the bath or other sensory experiences can contribute to a sense of connection and groundedness in our bodies.

Being a mum is a constant job. Motherhood requires such strength and devotion and mums deserve all the respect in the world for the amazing work they do every day! Embodiment could be a great way to keep yourself balanced, connected to yourself, sure and happy through it all - enabling you to have more to give to your loved ones and feel more empowered within yourself.







# THE ROLE OF VITAMIN K

*Vitamin K is an often overlooked nutrient but that doesn't mean it's any less important! Here we go through its benefits and how to make sure your child is getting the right amount.*

Looking after our children's health can often feel like a full-time job. Are they getting enough fresh air? Are they eating right? Are they getting too much screen time? Questions like these are always spinning around a busy mum's mind. When it comes to proper nutrition, vitamin intake is one of the most important aspects, and many parents find it the most confusing. Don't worry though, it doesn't have to be overly complicated! With a few pieces of information, you'll be well able to provide your little one with the vitamins they need. In this case, we're talking about vitamin K.

## WHAT YOU NEED TO KNOW

Vitamin K is a vital nutrient for your little one's well-being. Thankfully, only a tiny amount is needed and it's straightforward to integrate into your child's diet. Vitamin K can be broken down into two components - K1 and K2. Vitamin K1 is available from plant sources and contributes to the important process of blood-clotting. Vitamin K2 can be found in animal sources and it aids heart and bone health. K2 is slightly harder to include, particularly in vegetarian diets, but gut bacteria in your child's body has the ability to

convert a small amount of K1 to K2.

Vitamin K can be absorbed into and stored by fatty tissues, meaning that your child may be able to build up a little store of this nutrient. However, it is only really a very small amount, so make sure that they're getting enough vitamin K on a regular basis.

## BENEFITS OF VITAMIN K

Vitamin K may not be discussed as often as other vitamins but that doesn't make it any less important for your children's health.

## Blood clotting

Vitamin K's primary function is to help blood to coagulate and clot. If your little one gets a cut or scrapes their knee, it ensures their blood will thicken and seal the wound quickly. Children are always playing and accidents do happen, so it's reassuring to know that this helpful nutrient will support them in healing quickly, so they can get back to having fun.

If your child is not receiving enough vitamin K, you may notice that they experience regular bleeding from their nose or gums. Again, this is due to their blood not having enough of the coagulating agent, vitamin K. This is particularly common in newborns, as they haven't yet received any of this vital nutrient yet. As a result, in some countries, a vitamin K injection is a common treatment for little ones shortly after they're born.

## Bone health

Vitamin K is key for maintaining the health of your child's bones. It promotes the accumulation of calcium in their bones, which gives them strength. Children grow rapidly throughout their early years, and so sufficient vitamin K will support their bone growth in these demanding times. A lack of vitamin K can lead to bone health conditions such as osteoporosis, which leads to brittle and fragile bones that are more prone to breaking.

## FOODS TO INCLUDE

Vitamin K is contained in lots of different foods, meaning that you can include it in your child's diet with plenty of variety. For babies who are breastfeeding, breastmilk will provide them with some vitamin K but often not quite enough. Leafy green vegetables are a great source, alongside:

- Spinach, broccoli, kale, cabbage and lettuce
- Avocado, blueberries, blackberries and grapes
- Beef liver, chicken and tofu
- Plant oils, such as olive oil or soybean oil



Providing your little one with vitamin K from a range of sources is preferable to relying on one source, for both their nutrition and enjoyment!

## HOW MUCH DOES MY CHILD NEED?

Despite the fact that your child only needs micrograms of vitamin K each day, it's still quite common for children to be deficient. The recommended daily intake for your little one, depending on their age, is as follows:

- 0 to 6 months - 2 mcg
- 6 to 12 months - 2.5 mcg
- 1 to 3 years - 30 mcg
- 4 to 8 years - 55 mcg
- 9 to 13 years - 60 mcg
- 14 to 18 years - 75 mcg

Sticking to these numbers will ensure that your child will receive an adequate amount of this nutrient to keep them healthy each day.

## SUPPLEMENTATION

If you're unsure whether your little one is getting enough vitamin K through their food alone, supplementation is a great option. It's much easier to measure and if your child is being hesitant over their leafy greens, a supplement will take care of things.

Vitamin K in supplement form is much easier for children's bodies to absorb, making it a great alternative to relying on food alone. Also, the dosage is clearly labelled on the package, so you can relax in the knowledge that they are getting the correct amount.

When considering supplementation, or, if you have any questions or concerns, it's always a good idea to speak with your child's doctor. They will be aware of your child's particular medical history and will be able to offer you more specific advice, tailored to your little one's needs.



# RECURRENT MISCARRIAGE: WHAT YOU SHOULD KNOW

*This month, we spoke with Dr. Hanan Al Issa, Obstetrics & Gynecology Specialist at HealthPlus Family Clinic, all about recurrent miscarriage, an issue faced by many women today.*



When you want children, nothing is tougher than the experience of recurrent miscarriage. It is considered a medical condition if a woman experiences a miscarriage at least three consecutive times before week 20 of pregnancy. While the causes of this type of miscarriage are not totally clear, many women have delivered their babies successfully, despite suffering from this difficulty.

## WHAT ARE THE CAUSES

There are several conditions that lead to recurrent miscarriage, which Dr. Hanan goes through below:

### Genetic issues

A genetic issue in either or both partners plays a key role in miscarriages. This may become clear if there is a flaw in the genetic makeup - such as in the chromosomes or the chromosomal structure, sadly leading to foetal loss in the early stages of your pregnancy.

### Autoimmune disorders

This is when the immune system doesn't recognise the difference between your own cells and foreign cells. The natural defence system produces a specific protein, designed to attack any healthy 'foreign' cells. This is where autoimmune diseases during pregnancy may lead to serious complications as these 'foreign' cells can include the foetus. Therefore, it's best to consult your doctor as a couple, to evaluate your specific situation before planning for pregnancy.

### Potential pre-existing conditions

There are certain conditions that can sometimes impact how a pregnancy develops. These include congenital uterine defects, or uterine diseases, such as fibroids or polyps inside the uterus. Issues related to the endocrine system can also play a role too. These include diabetes, thyroid disorders and ovarian insufficiency. If you suffer with any pre-existing conditions like these, make sure to seek medical advice around how they may affect pregnancy.

### Coagulation issues

Coagulation issues are very specific. Often this refers to antiphospholipid syndrome, a type of autoimmune disease that leads to abnormal blood clotting. This occurs when your antibodies mistakenly attack tissues in your body, causing clots to form inside your blood vessels. This syndrome may happen in isolation or in conjunction with other autoimmune conditions. Pregnant women suffering from this syndrome face serious complications, such as recurrent miscarriage and stillbirth, and must seek medical advice around pregnancy.

### Age

An increasingly common issue that many couples contend with is age, as the older you are, the higher the possibility of having a miscarriage. Unfortunately, childbearing after the age of thirty-five in women, and forty in men, increases the chance of this. This is hard to reconcile with the busy demands of a modern life and has become one of the biggest challenges in fertility and pregnancy today.



### Lifestyle

Another common risk factor that many men and women have to tackle is the adverse effects of living an unhealthy lifestyle. This is something that science tells us has a big impact on the chances of miscarrying. An unhealthy lifestyle includes a diet that doesn't provide adequate nutrition, a highly processed diet, smoking, excess caffeine, exposure to environmental pollution, obesity and psychological factors such as stress.

### TREATMENTS

Several treatments are available, depending on the specific causes that affect you. These can include:





## PREVENTION

While treatment is important, the importance of living a healthy lifestyle cannot be overstated when it comes to sustaining any pregnancy. This means both mentally and physically. Let's take a deeper look.

### Weight

Our body weight can have a direct impact on the chances of a healthy pregnancy. It's important to lose any excess weight or to gain weight to a healthy level if you are underweight. Weight is a tough issue for anyone who struggles with theirs. Make sure to reach out for help if you need support in your journey towards a healthy body weight - whether that means a personal trainer, a dietician, or even an endocrinologist to address any hormonal imbalances. Whatever help you need, don't be afraid to ask for it!

### Diet and supplements

It's vital to follow a healthy and balanced diet to give your body the best chance of taking a pregnancy to term. Try to eat whole, unprocessed foods, with a good balance of protein, carbohydrates, and healthy fats, all from a variety of sources. Eat an abundance of good quality fresh fruit and vegetables daily, and consider taking proper supplements on advice from a doctor, as all of this can help you get enough micronutrients and vitamins for your body to be at its best.

## Potentially damaging habits

Smoking is strongly advised against, as is excessive caffeine, whether from coffee, tea, matcha lattes or green tea. Caffeine in moderation is allowed, so try to cut down if your intake is more than a small to moderate level.

### Exercise

Boost the chances of having a full-term pregnancy by performing regular (but not excessive!) exercise. Appropriate exercise for pregnancy is encouraged as it helps keep your body healthier and stronger, while reducing the effects of inflammation.

### Stress reduction

Like many challenges, one of the best ways to set yourself up for a healthy pregnancy is to minimise stress and psychological pressure. This isn't always easy, especially if you have experienced recurrent miscarriage. Try to adopt calming lifestyle changes, such as a daily meditation, a grounding morning walk, time in nature, journaling, and anything else that helps your mental wellbeing. If you need to, reach out to a therapist or doctor for advice.

As you can see, there are many factors that contribute to recurrent miscarriage, but, with lifestyle adjustments and the right medical advice and treatment, you can put yourself in the best possible position to deliver a healthy baby, despite this condition.

- Treating uterine issues through endoscopy or surgery
- Repairing the shape of the uterus through endoscopy, in the case of malformation
- Prescribing medicines to counter autoimmune diseases
- Managing diabetes
- Fixing thyroid disorders - hyperthyroidism or hypothyroidism
- Fertility treatments if recurrent miscarriage is linked to a chromosomal issue

Dr. Hanan recommends that as most recurrent miscarriage conditions are treatable, couples who face these challenges should always seek medical advice and help.



# PARENTING



The best way to teach kids how to tell the time; car seat safety for children and more!







# ELLI JUNIOR IS HERE!

*This month, we're excited to introduce the new Elli Junior flagship store to you, now open at Dubai Mall.*

## SAY HELLO TO ELLI JUNIOR

Elli Junior was founded in 2017 by mum-of-two Elli Kasbi, who believes that every child deserves the best start in life. A huge fan of Scandinavian design, she wanted to bring her favourite Swedish brands to this part of the world, with an emphasis on sustainably produced, high-quality, premium baby products. Since then the brand has grown tenfold, and is now an award-winning, homegrown high-end children's retailer that's fast taking over the GCC with its commitment to giving the best to new generations.

## A NEW FLAGSHIP STORE

The brand has gone from strength to strength and has now opened its very own flagship store at Dubai Mall, featuring over 4000 kids' products, sourced from exclusive global brands. As the newest destination for gorgeous, sustainable handpicked brands, this beautifully designed outlet is a dream for parents, with everything from high-quality toys, to kids fashion, furniture, gear, gifting items and even interiors. CEO and Founder, Elli Kasbi calls the launch "a dream come true and a tremendous achievement for our homegrown brand."

Located on the mall's second floor, this new store comes to life in a minimal,



contemporary space that reflects the brand's Scandinavian aesthetic, giving parents the ultimate shopping experience with products sourced from around the world.

## PUTTING YOU FIRST

Elli Junior is currently the exclusive distributor of some amazing Scandinavian brands in the GCC. In addition to providing such an exciting array of brands and products, their experienced team offers unparalleled customer service - always going above and beyond to support you in making the best decision for your kids.

## THE ELLI JUNIOR BRAND

Visitors to the new store can also discover Elli Junior's in-house high-quality, organic brand, which aims to provide great value, without compromising on quality or their sustainable ethos. With an environmental approach to design, the brand features functional and innovative baby products, alongside a full interior design service, for those looking to design or rejuvenate their home nursery or children's rooms, to make your parenting journey easier.

*For more information, please visit [www.ellijunior.com](http://www.ellijunior.com) or follow @ellijunior on Instagram.*





# TEACHING KIDS TO TELL THE TIME

*Learning to tell time is a key skill that helps your child throughout life. It can be approached in a sequenced way, making it easier for both parents and kids.*



To us adults, telling the time is so straightforward, we barely think about it. However, when you break it down to explain to kids, you'll see how complicated it actually is. There are a variety of skills involved, as well as an understanding of the concept that time passes. Thankfully, there's a tried and tested way to teach your child, so don't worry!

## WHEN TO START

Around six years of age, children begin to become aware of time itself. They'll notice a difference between what happened before, what's happening now and what will happen. Your little one may start to grasp being told, "Not now, but later". These are signs that they're ready to learn how to tell the time. Don't stress if they don't get it straight away - this is a slow and gentle process that may take a couple of years to complete.

## FUNDAMENTALS

Before introducing them to an analogue clock, it's best to ensure that your child has a broad idea of what time is. They don't have to

understand anything complicated. All that's needed is a basic grasp of the units of time and that time passes. Tell your child about minutes, hours, days, morning, evening and night. They'll probably have heard these words before more casually, but do still discuss the concepts.

Over the next while, include these ideas when chatting and when making plans with your little one. If you say "We'll do that tomorrow morning", explain what that means. When that time comes, discuss that time has passed and check if they can remember you telling them "tomorrow morning". It may take kids a while to get used to this, so don't worry if they're a little lost at first. Encouragement is key!

## MATHS SKILLS

In order to learn how to tell the time, your little one will need some knowledge of maths. Although you won't be starting with the smallest divisions, it's helpful for them to be able to count from 1 to 12, for the hours, and 0 to 60 for the minutes. Alongside this, they'll have to be able to recognise and read these numbers. It can be challenging at the beginning but it will make everything easier for them in the next stages - where you'll be focusing on the hands of the clock and different ways to break down the clock face into segments.

## BIG HAND, LITTLE HAND

All analogue clocks have a big hand and a little hand. Lots of children mix them up or aren't sure which one is which. Tell your child that the 'little hand' - which is the one that is noticeably shorter - points to hours. Then explain to them that the 'big hand' - which is the long, slim one - points to minutes. Once they are able to read the different numbers, you can ask them to call out which number the big hand is pointing to, for example. They will make mistakes, and that's completely normal. When this happens, encourage them to keep trying and gently point out the correct answer.

## BREAK IT DOWN

Once kids can tell the two clock hands apart, it's good to work on the clock segments. Show your little one that when the minute hand is at 30, it's halfway



around the clock face and is splitting it in two. You can also point out that 30 is half of 60, and that 30 minutes equals half an hour. With these facts on board, teach your child that when the minute hand moves from the top of the clock to 30, this means half an hour has passed. As soon as they're comfortable with this, they will be more able to combine this information with what they can see the big hand is pointing at. The final step is for them to be able to say that when the small hand is pointing to the number 2 and the big hand is pointing to 30, that the time is half past two.

One key thing to note here is that many children get confused by the hour hand not pointing directly at 2, when the time is half past two. You can link this back to the passage of time and show that as the minute hand whizzes around the clock, the hour hand slowly but steadily moves from one number to the next.

## BUILDING BLOCKS

This process leads to breaking the clock face down into smaller segments. They can apply their previous knowledge and learn that as the big hand moves towards 30, it stops at

15, and this is a quarter of the whole clock. You can label the right side of the clock face 'past' and the left side 'to', and over time they will be able to use all of this information to identify 'a quarter past' and 'a quarter to'.

The same method can be used to get to a place where your child can see the clock's 5-minute sections and even each individual minute. Use all of the previous lessons as building blocks and don't put any pressure on your child to progress quickly. Again, it can take a few years for your little one to gain this skill and be comfortable telling the time.

## KEEP IT FUN

Don't be afraid to make a game of it, as you find natural ways in the day to quiz your child. There are plenty of educational toy clocks that bring an element of fun into this process. You can even set up challenges by saying things like, "Meet me back here at twenty-three minutes past four for a surprise".

As always, it's best to keep things light and enjoyable where possible and to be patient. With practice, positivity and consistency, your little one will soon be a whizz at reading the clock!

# MANAGING SEPARATION ANXIETY

*We talk to Maša Karleuša Valkanou, a CDA-licensed psychologist and a certified systemic family psychotherapist, all about separation anxiety, what you can do as a parent, and what to avoid.*



Separation anxiety in babies, toddlers and young kids is very common and to be expected. Most of us find saying goodbye very difficult but, with age and maturity, we learn to cope in different ways. Parents, especially mothers, can find it difficult to leave their babies for more than a few hours. Don't worry if this is you, because it's completely natural! Behind this feeling is a biological function, as babies are not meant to be left without their primary caregiver. They cannot survive on their own, and the biology of the parent-infant relationship is in tune with this, to keep little ones safe, healthy and happy. However, beyond a certain age and stage, separation anxiety, coming either from the mum or from the child, can hinder their development and progress.

## WHY DO HEALTHY CHILDREN FEEL SEPARATION ANXIETY?

Anxiety is a natural inbuilt response to separation from the mother figure and is also a function of age. It's the uncertainty that comes from little ones feeling as though they're suddenly without the love, care and reassurance of their main caregiver - usually mum or dad! It's common for kids to be attached to an adult, and to only one or two favourite adults in particular, that cannot be replaced in their eyes. Separation anxiety is absolutely normal to go through at a variety of ages, and is usually nothing to worry about, but that doesn't mean it's always easy to handle!

## HOW LONG DOES IT TYPICALLY LAST?

Separation anxiety starts around 8 months into a baby's life. Some children will not show it as much, whereas with some children, it can be intense and prolonged until 3 or 4 years old.

## RECOGNISING SEPARATION ANXIETY

Separation anxiety occurs when a child cries, doesn't want to leave the parent, doesn't like staying at school, with grandparents, other children and so on. One of the big signs is when your child is attached to a particular person (usually mum!), or to certain rituals around any situation that demands separation.





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### WHAT ARE THE BEHAVIOURS AND STAGES?

Children aged between 1 and 4 years old will generally show a common and predictable set of behaviours when faced with the idea of parting ways with their mother or caregiver. It's completely normal for them to fear this, as they may not be able to understand the idea that their mother will definitely return. This 'separation' might be triggered as you wave goodbye to your little ones, when you're going out to work, or even when dropping them off somewhere enjoyable, like a relative's house or the day care.

It does happen that mums unavoidably need to go away for a longer period sometimes, whether for work or just through unusual circumstances. If this is ever the case for you, it's good to understand how your little one is likely to respond, so you can prepare and support

them. Separation anxiety tends to unfold through three phases – protest, despair, and detachment. Let's take a deeper dive into each of these below.

#### The protest phase

In the protest phase, little ones may cry loudly, ask for their mother, throw themselves around, show anger and rejection of other people, or cling to whoever is present. In this phase, children expect their mother to return and this can last from a few hours to a week or more. This is the 'everyday' experience of separation anxiety that most parents see in their little ones and for most kids, this is the only phase they experience.

#### The despair phase

In prolonged separation of more than a week, the next phase is despair. Children can have

feelings of hopelessness, they may become physically inactive or cry. In these situations kids will often be withdrawn. 'Everyday' separation anxiety does not fall into this category.

#### The detachment phase

The third phase is detachment, when children hold everything together until their mum returns. In this phase, it looks like little ones have totally recovered. They can accept other people's care, food, toys and general interactions. Kids may even smile and be sociable. For all intents and purposes it seems as if they are feeling settled again! However, in this phase when their mother returns, children will often ignore her at the beginning and not act as loving and warm as usual. With enough reassurance and affection, kids will gradually return to their normal selves.

## HOW CAN PARENTS HELP SOOTHE THEIR CHILD'S ANXIETY?

How can you help your little one when they are upset at parting ways in a short-term instance? Faced with a child's anxiety, a parent should first calm themselves down. Quickly check in with your state of body and mind. Helpful questions to ask yourself include:

- Am I breathing faster?
- Is my heart racing?
- Am I worried?
- How do I feel?
- Am I panicking as a reaction to my child being upset?

### Stay grounded

Take a deep breath and understand that both you and your child are safe, even though your little one is upset. Remind yourself that the situation is well within the coping capacities of both you and the child; you should show your little one that all is well. Understanding your state of mind, taking a moment to calm down and trusting yourself as a parent goes a long way towards staying grounded.



### Communicate

The second step to focus on is talking to your child. Reassure them that this situation is safe, explain what will happen now and what will happen next, and offer a few practical tips to make the situation more bearable. When you provide emotional understanding, validate their feelings, offer empathy, and practical steps to take, you will set your child up for a much better outcome.

### Discuss

Next, ask your child questions. Try to get an idea of what they imagine will happen and what is going on from their point of view, to gain an understanding around why exactly this situation elicits fear. The aim is to try to understand precisely what your child's difficulty is.

### Be firm

The last step is to know when to set a boundary. After talking, hugging, kissing and explaining, consider being gentle but firm. This requires you to show faith in your child, in their ability to handle the situation and be fine without you having to regulate them further. Always use your parental judgement as each scenario is different,



but bear in mind that your child's upset is natural. It doesn't usually do any real harm, but is simply their expression of fear, and is part of their development and growing up. Your job is not to guard them against life's pain and struggles but to equip them to manage. Support them as much as you can in learning how to deal with them, treading a careful balance of reassurance and giving them the space to deal with it on their own.

## WHAT ARE THE KEY TAKEAWAYS?

Try to monitor your feelings, signals and reactions around separation, as children tend to mirror what they are shown. Another important takeaway is to have balance. It's good to operate "in the middle" as a parent - to offer love, emotional support and validation, to talk, to question, to answer, to try to understand from different angles, to sit with children's discomfort and upset, but equally to know when enough is enough. Parents should recognise when they need to set a boundary, when it's healthier to let your child try to cope on their own. It's a very difficult thing to integrate into your parenting, but try to remind yourself that kids need to win their own battles (with your support!) to grow into their best selves!



# CAR SEAT SAFETY FOR CHILDREN

*It's essential to understand car seat safety when it comes to protecting your child. Here's what you need to bear in mind.*

Carrying little ones around in a car is not something parents do lightly. Accidents can happen and, in those instances, children are even more vulnerable than adults. The standard seats in a car are not suited to young kids and that's where children's car seats come in. There is lots of information around why little ones need car seats, what the most appropriate option is for your child, and how to correctly install them in your car. Let's take a look at the must-know details around car seat safety.

## WHY DOES MY CHILD NEED A CAR SEAT?

Unfortunately, vehicle accidents do happen and young children are more likely to be injured in a collision without an adequate car seat. Standard seat belts don't fit and protect them properly, and airbags can cause harm to little ones rather than prevent it. For these reasons, it's essential to install a car seat for your child. In the unlikely event of an accident, it will do a lot more to ensure their safety than the standard equipment.

In the UAE, it's illegal not to provide your child with a car seat if they're under four years of age. The UAE government recognises the importance of car seats and enforces this rule strongly. Failure to abide by this law will result in a fine of AED 400 and four black points on your licence. Statistics collected by the Department of Health over a ten year period, from 2008-2018, found that over half of fatal injuries in little ones could have been avoided if the child had been in a car seat. So, to take utmost care of your little one, and to stay on the right side of the law, make sure to install a car seat.

## WHAT IS THE RIGHT CAR SEAT FOR MY LITTLE ONE?

There will be a different car seat specifically suited to your child depending on their age. Let's go through all you need to know.



## Babies

Infant car seats are suitable for babies who weigh up to 13kg and are between 40 and 75 cm long. These seats come with insert pads that provide cushioning and support where your baby needs it.

## Young children

Once your child has outgrown the infant seat, it's time for a child car seat. It's important to make the right choice here as this seat will keep your child safe from 6 months until around 5 years of age. These work for children who weigh 9 to 25 kg and are between 60 and 125 cm long. There are seat options that come with removable infant insert pads. These can protect your baby from the newborn stage, all the way up to 12 years of age, until they don't need a car seat any more. Options for this kind of seat include Giggles Globe Fix and Joie Everstage Fx, which are both stocked by Babyshop.

Standard car seats come in forward or reverse-facing configurations. Many studies show that it's 80% safer to keep your child in a rear-facing car seat, up to 15 months. They perform better in cases of accidents, particularly limiting injury to your child's precious head and neck. Reversible car seats offer the best of both worlds as they can function as both front and rear-facing seats.



complimentary piece. It connects to the ISOFIX points in your car and stays in place so you can quickly and easily mount or remove the car seat. For vehicles without ISOFIX brackets, seats can be secured using the car's three-point seat belt. It will simply loop through a section of the car seat and lock into place.

If you have any concerns or questions around fitting your car seat, don't worry. The lovely people at Babyshop are happy to help. They will demonstrate how to safely install the car seat, making sure that it is done properly, so your child can be as safe as possible. They even offer a free installation of the car seat - all you have to do is park your car in the mall's parking lot and they will take it from there!

### WHERE SHOULD I BUY A CAR SEAT?

There are lots of options when it comes to buying a child's car seat. However, this is not a place to cut

corners. Buying new is essential so that you can rely on the condition of the seat. Also, sticking to reputable brands is preferable for the same reason. You might feel like you're getting a great deal online but that won't be worth it if you're unsure how to install it correctly, and poor installation puts your child at much greater risk if an accident does happen. Don't forget to regularly check for wear and tear on the harness, buckle and seat shell.

Babyshop has a huge range of children's car seats, with various options for each stage of their development. Their car seats meet EU R44.04 and UN R129/i-Size safety standards and also come with a two year warranty. The staff will help you to pick the correct one for your needs, and even help you to fit it! With top brands like Juniors, Giggles, Joie, Graco, Disney, Nuna and options to suit every budget, you can rest easy, knowing that your child will be kept safe and comfortable for years to come.

### Booster seats

When your little one moves beyond needing a traditional car seat, booster seats or booster cushions are great options. They lift your child to a height where the standard car seat belt will work properly for them. Booster seats offer additional support for your child's neck and back, and will hold them upright even if they fall asleep.

### HOW DO I INSTALL A CAR SEAT?

Once you've chosen your child's car seat, it's vital to install it properly. ISOFIX is a standardised system to install a car seat into most vehicles. It consists of two metal brackets that you can secure the seat to. These will hold your child's car seat safely and firmly. If you have more than one vehicle, or have a modular car seat that also attaches to a stroller, the ISOFIX seat base is a great



# EDUCATION



What goes on at school in the Early Years; the importance of the right school bag and more!





# WHAT DO THE EARLY YEARS LOOK LIKE IN IB EDUCATION?

*This month, we get a glimpse into the IB Early Years at Raha International School, to help parents who are exploring different curricula for their little ones!*



The Early Years in an IB school are the most important. These vital years lay the foundations for the child's educational journey. An IB Early Years education focuses on providing a well-rounded education that emphasises creativity, independence, and critical thinking. This education encourages them to become passionate about discovering new information and sharing their ideas. The curriculum also stresses the development of strong interpersonal skills and cultural understanding, which are essential for success in a rapidly changing

global society. Additionally, the Early Years provide a safe and supportive environment for students to grow and explore, helping to build their confidence and resilience.

## THE POWER OF PLAY

At Raha, we provide outstanding Early Years play-based teaching and learning, which involves creating a safe, engaging and supportive environment that allows young children to learn and grow through hands-on exploration, play, and collaboration. It emphasises the following principles:

- Child-centred learning: focusing on the individual developmental needs and interests of each child
- Play-based learning: encouraging children to learn through play and engage their bodies and minds in learning through real life, hands-on experiences
- Collaboration: fostering social skills and teamwork through shared learning experiences
- Inquiry-based learning: encouraging children to ask questions and make connections between their experiences and the world around them

Our outstanding Early Years play-based teaching also involves providing opportunities for children to develop important life skills such as communication, problem-solving, creativity, and self-regulation.

## THE KCC MINIS

This year we have opened our first Pre-K grade; the KCC Minis! The aim of the Minis is to give our littlest learners the best possible start to their education. Through our child-led, inquiry-based curriculum children will enjoy fun, exciting experiences that will create curious explorers and lifelong learners.

**Contact us today to start your Raha journey: [admissionsadmin@ris.ae](mailto:admissionsadmin@ris.ae)**



# 4 REASONS WHY LEARNING PROSOCIAL BEHAVIOUR IS IMPORTANT FOR KIDS

Maple Bear Nursery discusses the value of teaching children prosocial behaviour, at school and in life, to create a kinder, brighter future.



If you listen to experts anywhere these days, you will no doubt hear some discussion around the fact that it is only a matter of time until robots replace humans. We are told that automation is transforming the workplace, and consequently, that the jobs and societies of the future are unlike the world we are currently familiar with. Yet, we all know that, no matter how many robots we may inundate our world with, there are human traits that simply cannot be replicated by artificial intelligence. These traits are the ones that humanity inherently depends on: creativity, love and kindness.

## WHAT IS PROSOCIAL BEHAVIOUR?

Collectively, these innate human senses and behaviours can be defined as prosocial behaviour. It may also be defined as the inclination to do something for someone else, to care about people's feelings and to recognise one's own impact on the planet and the creatures we share it with. Essentially prosocial behaviour can be thought of as voluntary behaviour intended to benefit another person. In an increasingly individualistic world, nurturing prosocial behaviour in children is one of the most impactful ways educators can help the next generation connect and care for others and the environment.

Below, we discuss four reasons why Maple Bear Nursery regards teaching prosocial behaviour as a critical part of empowering children to build a better future.



## DEVELOPING EMPATHY

Encouraging prosocial behaviour helps children develop empathy. The ability to be empathetic is regarded as one of the most important 21st century skills, and for good reason, especially when we think about our children's future and careers. Increasingly, companies look for candidates with strong empathic intuition - people who care and want to make a difference and who want to drive the corporate mission, but not without consideration of the social impact opportunity that lies therein. Teaching children prosocial behaviour gives them the tools to create a more caring and nurturing world in their careers and in their lives.

## FORMING SOCIAL BONDS

Children who are taught prosocial behaviour tend to have strong bonds with their family and friends. When we do something for someone else and they help us in return, there is creation of trust and confidence. Children learn they can rely on others and that they also have something to offer. They feel valued and simultaneously know that they have the power to have impact, which ultimately supports their social development and feeling of connectedness.

## COMMUNITY

Teaching prosocial behaviour in school helps children develop a sense of community. Sharing, cooperating and considering others' feelings is the most effective way of teaching respect and open-mindedness, both of which are the underpinnings of global thinking and intercultural understanding.

## HEALTHY VALUES AND PRIORITIES

Prosocial behaviour keeps us focused on what really matters. As we grow into a more digital, online world, human interaction will not become irrelevant. In fact, human connection will be vital to our wellbeing and to society as a whole. Kindness and love will always be more powerful than any technological invention and teaching our children these values is essential to their happiness in later life.



## IT'S NEVER TOO EARLY TO START

What the best early childhood educators already know, and what parents should understand about teaching prosocial behaviour, is that you don't need to wait until your toddler becomes a child to start building these skills. Actually, toddlers make amazing learners because they love to help and truly relish contributing, even to small things. Praise them, encourage their efforts and become their role model for caring about others.

Research has shown that in societies where prosocial behaviour is the norm, people are happier, healthier and collectively more innovative. When people take pride in their communities, they are driven to contribute and subsequently derive enhanced self-worth and confidence from their own contribution. It is in our best interest to find ways to deepen such a virtuous cycle, and it's important to recognise that it is a critical piece in creating a future in which kindness and empathy are the primary characteristics of every human interaction.

## THE MAPLE BEAR CLASSROOM

The Maple Bear classroom is primed for prosocial learning to take place, being designed for collaborative learning and social exchanges with peers and educators throughout the day. Children are encouraged to experiment, discover, and share their findings and ideas, and to engage with and challenge what they learn and see. This teaches them to respect the perspectives and experiences of others, and understand how to acquire new knowledge, by building on the range of information they are exposed to. The ecosystem of the classroom is in effect a simulation of the globalised world that they are no doubt going to encounter in their future, where they will meet, work and create new social realities and address unique challenges with people of diverse backgrounds and experiences.

Teaching prosocial behaviour and standards to children, both at home and in the classroom is an essential part of their education, and a great foundation to equip them to succeed in our future world.



# EARLY YEARS AT DURHAM SCHOOL

We offer an introduction into all you need to know about the EYFS curriculum at Durham School Dubai.



Welcome to Durham School Dubai, where our philosophy is 'confidence for life'. We believe confidence is not only achieved through academic attainment but importantly, through the development of good manners, moral integrity, responsibility and kindness. These qualities are crucial in shaping our children into well-rounded, socially competent young men and women.

## FOUNDATIONS FOR LIFE

Children entering Durham School Dubai in the Early Years start in Foundation Stage 1, in the September after their third birthday, and progress into Foundation Stage 2 class thereafter. The Early Years Foundation Stage is a two-year phase that quite literally, puts in place the foundations for life-long learning.

## PLAY-BASED LEARNING

In the Early Years at Durham, we believe that children learn best through play-based learning, underpinned by the principles of the Early Years Foundation Stage curriculum. This curriculum is the framework for Early Years education in England. During a typical day, children experience a careful balance of both adult-led sessions and discovery time where children actively participate in carefully planned and well-resourced learning activities, to both consolidate their ideas and explore activities for themselves. This mix helps children gain independence, confidence, critical thinking skills and fosters positive social interactions.

## A NURTURING ETHOS

All learning is carefully guided by highly trained and nurturing EYFS teachers and teaching assistants, providing both challenge and support where necessary. Small classes mean we get to know each individual child during this crucial phase of their learning. Through careful observation and planning, we ensure to provide individual challenges and targeted support for each child on their unique learning journey.

## SPECIALIST LESSONS

In addition to daily focus lessons, children in our Foundation Stage classes enjoy enrichment through additional specialist lessons, such as Arabic and PE, with expert teachers.

In daily Arabic lessons, Foundation Stage children are introduced to Arabic terminology for colours, animal names,

sounds and familiar greetings, through songs and rhymes. During weekly PE sessions, children are introduced to a range of transferrable skills, sports and games. Children also begin swimming sessions, which we consider extremely important when living in the UAE with so many pools and beaches to explore. Swimming sessions take place weekly in our purpose-built, heated indoor facilities, with trained specialist swimming teachers.

### THE POWER OF STORIES

Throughout the year at Durham, children enjoy engaging topics, carefully planned to match to their changing interests. We use stories and quality texts as a 'hook' for children's learning, to aid understanding for our younger students and also develop language acquisition - which is so crucial at this developmental stage.

### TRIPS AND PARTNERSHIP

Children also benefit from school trips to create real life experiences. We visit the Dubai aquarium to support the 'Under The Sea' topic and there is a trip to Pizza Express, the climax of our topic 'Food Glorious Food'. Parents are invited regularly into school to attend parent meetings, workshops and shows, to share in their children's learning experience. We believe strongly in the importance of the partnership between teachers and parents, to work together for the benefit of the children.

### LITERACY AND NUMERACY

As we all know, literacy and numeracy are the keys which unlock lifelong learning and it is our responsibility to equip and enthuse children, and develop these skills in the Foundation Stage. We teach early reading through the Little Wandle Letters and Sounds phonics programme.

As soon as children enter the school they are introduced to the Little Wandle programme that provides the foundation for the teaching of phonics. Children take part in daily sessions incorporating a variety of activities and planned games that build an awareness of sound, and develop the focused listening and attention



skills so vital for early reading. As the year develops, children are also introduced to oral blending through engaging games. When ready, children begin learning more complex sounds to start their phoneme journey. As children progress they have a daily half hour phonics lesson which builds on the Little Wandle Letters and Sounds programme. This continues into Year One and Year Two (and thereafter where necessary), to ensure children become fluent readers.

Teaching reading is a priority and right from FS1 children develop the skills needed to navigate around a picture book, by turning pages and discussing what they can see. As they progress, children read from carefully selected books to support them in developing reading fluency, comprehension and understanding, all of which help them to gain confidence in their reading ability.

Foundation stage children are regular visitors to our gorgeous and wonderfully resourced library. Here, children develop

an understanding of fiction and non-fiction texts and have lots of time to explore the large variety of books available.

### LUNCHTIME LEARNING

Lunchtimes at Durham are also a learning opportunity. Children go to our bespoke school dining hall and feed themselves independently, using cutlery and making their own food choices from the selection available. The dining hall comes to life at these important times and children are encouraged to socialise and gain the skills associated with polite dining.

We encourage children to be independent in the Early Years at Durham, helping them to develop a sense of curiosity, to enjoy learning, express creativity and use their imagination in all that they do. We want every child that enters into the Early Years to have a unique, nurturing and purposeful learning journey. Why not come and visit our Early Years department and see the learning for yourself?





# FINDING THE PERFECT SCHOOL BAG FOR YOUR CHILD

*The importance of a good school bag is often underestimated. With a few pointers you'll be able to pick a bag that serves your child best and hopefully they'll even love it too!*

Picking out a new school bag for your child may be more of a challenge than you anticipated - there are so many to choose from! As mothers, we want our children to have school bags that are functional and comfortable to wear. Our kids, however, are much more interested in whether or not the bag looks good! Trying to take everything into account and making the correct decision can be overwhelming, so here are a few things to bear in mind.

## SIZING UP YOUR CHILD'S SCHOOL BAG

One of the key decisions to get right when selecting a new school bag for your little one is the size of the bag. You may think that bigger is better, and will last your child longer. While they will grow into it, and it will be able to accommodate the larger volume of books and materials in the later years of school, it might not serve them best now.

Consider choosing a bag that can contain all of their school things right now and has a little extra space. In a few years, when they're bigger (and so is their workload!), you can pick up a larger school bag.

## POCKETS AND COMPARTMENTS

Not all school bags are created equal. Some are essentially just one big compartment, where all of your child's things will swim around freely. Others are a maze of little pockets, all too small to be of any real use! In the middle though, you will find bags with a main compartment for books and materials, and then a selection of smaller pockets perfectly suited to holding things like a pencil case, lunchbox or medication.

## ADJUSTABLE STRAPS FIGHT BACK PAIN

Proper, padded shoulder straps with

adjustability are a must-have for your little one's new school bag. You can change the length of the straps so that the bag sits in the middle of your child's back and limits strain. The padding will ensure that they will be as comfortable as possible when the bag is on their shoulders.

## DURABLE BUT STYLISH

Two (often conflicting!) traits of school bags are durability and style. Even the most careful child's school bag will experience quite a lot of wear and tear. From getting squeezed around school corridors to being piled in a corner during different activities, the bag has a lot to withstand. So choose carefully, or you'll be buying replacement after replacement. At the same time, we don't want our children to feel self-conscious if they think they have a weird, practical bag. They'll want something with a bit of style so they can fit in. Listen to their input on this too, and perhaps allow them to pick a bag from a range that you have created, taking all the previous points into account!



# GIVE KIDS A BRIGHT START AT BRIGHTON COLLEGE DUBAI

We take a look at the exciting Bright Start programme on offer at Brighton College Dubai, to help little ones going into FS1 get 'school ready'.



behaviours, and 'Drop and Go', which addresses anxiety at the school gates and how best to manage this.

Bright Start is a school readiness programme offered by Brighton College Dubai, where parent workshops and induction days are held for those ready to start FS1, before they begin. The school will be running these sessions twice a week over a 10-week period, and it's a great opportunity for little ones to meet the teachers, sample the school environment and get a taste of learning to adapt to the school day.

## A STEPPING STONE

The Bright Start programme is designed to be the perfect stepping stone to prepare your child for their transition to Brighton College's school setting and ensures the best possible start for them to become a lifelong 'Brightonian'. Children are invited to join the programme, which is designed to help them to become familiar with their school environment, to

build children's confidence and foster their independence. They will also be able to meet some of the Early Years team and spend time with their new friends. During the sessions, parents have the choice of staying with their child in class or joining workshops and talks from experts in the field of education.

## WORKSHOPS FOR PARENTS

Brighton College Early Years offer helpful sessions for parents, led by Dr Lene Rensburg, Counsellor at the school, Head of Pre-Prep, Katy Cooke, and Sadie Mercer, an expert in the field of early child development. These sessions will cover topics such as: 'What to expect and when to expect it', 'Stretch and challenge', and 'Settling in Dubai'. In addition, there will be special workshops on 'Taming the Tantrum', which explores learning how to set boundaries and encourage positive

## HAPPINESS AND CARE

The wellbeing of pupils is at the core of what Brighton College does. In fact, the KHDA Inspectorate says "A positive and caring ethos exists throughout the school, and the pupils are polite and respectful." Brighton College's Early Years environment has been designed with investigation, inquiry and exploration in mind. The school ensures that children develop the ability to play and work together and most importantly feel happy and cared for.

This programme will start in April and is for pupils enrolling into FS1 for August 2023. Timings will be from 08:30-10:30 am, twice a week and parents can book to come to as many sessions as they like.

*For more information, please visit [www.brightoncollegedubai.ae](http://www.brightoncollegedubai.ae), call +971 800 274448 or email [admissions@brightoncollegedubai.ae](mailto:admissions@brightoncollegedubai.ae).*

# SCHOOL & FAMILY BREAKS



Magical ski resorts for  
adventurous families  
and the top travel  
trends for 2023!



## MAGICAL FAMILY SKI RESORTS

*This ski season, discover Ultima  
Collection's exclusive resorts, each with  
a unique selection of seasonal activities  
and stunning natural beauty for families  
to enjoy together.*





### **EXPERIENCE ELEVATED LUXURY AT ULTIMA COURCHEVEL BELVÈDÈRE**

Located high up in the glorious Sunny Valley, Ultima Courchevel Belvédère couldn't be any closer to the stunning slopes of the Savoie province in France. This prestigious ski-in and ski-out resort is made up of 13 privatised chalets, ideal for families looking to balance skiing with soothing treatments and delicious food.

Situated in the heart of Europe's largest ski region, over 600 kilometres of maintained pistes lie on your doorstep, and guides are always on hand for excursions to the hidden gems of The Three Valleys and beyond.

The resort also features two state-of-the-art spas, an indoor and outdoor pool, a sauna and a hammam - perfect for unwinding after a day on the slopes.

*For more information, please visit:*  
[www.ultimacollection.com/en/collections/ultima-courchevel](http://www.ultimacollection.com/en/collections/ultima-courchevel)

### **RETREAT TO THE SWISS ALPS AT ULTIMA CRANS-MONTANA**

Positioned at the altitude of Plateau de Plan-Mayans in the Swiss Alps, Ultima Crans-Montana features two ultra-luxurious private chalets that can accommodate up to 38 guests - perfect for multi-generational families looking for a private sanctuary.

Take in the magnitude of the slopes on a helicopter ride, enjoy a peaceful hot air balloon trip and make magical memories as a family. Guests can also rejuvenate themselves in the spa, sauna, hammam, fitness gym and heated outdoor pool.

Fantastic for children who are not into skiing, electric snowcats, snow tubing and husky-led dog sledding across the white wilderness are sure to fulfil the need for speed, with something for every member of the family to enjoy here.

Families can also indulge in Swiss classics, Savoyard fondue and raclette, at a slope side picnic in the Mayan Alps, or circle the Matterhorn before landing in Zermatt to explore the picturesque town at the foot of the world's most famous mountain.

*For more information, please visit:*  
[www.ultimacollection.com/en/collections/ultima-crans-montana](http://www.ultimacollection.com/en/collections/ultima-crans-montana)

### **DISCOVER ROLLING SWISS MEADOWS AT ULTIMA GSTAAD**

Situated in the prestigious city of Gstaad in the Swiss Alps, Ultima Gstaad is equally out-of-this-world as it is down-to-earth. With its blend of traditional Swiss architecture, plush interiors and curated artwork, it combines ultra-luxury amenities, rustic warmth and state-of-the-art technology to provide a secluded and refined escape.

Timeless Swiss quality blends with the mountains here, with three wooden chalets of 11 suites, six private residences, a restaurant and two inviting bars, alongside a leading Swiss clinic and spa where you can recharge in full.

Throughout the ski season, Gstaad's pristine landscape transforms into a playground for adventure. Paraglide in the Swiss snow, try the local ice-rink and roam the frozen trails of the Promenade on horseback, or, in a horse-drawn carriage, to experience the joy of a tradition that has been at the heart of Switzerland for centuries.

*For more information, please visit:*  
[www.ultimacollection.com/en/collections/ultima-gstaad](http://www.ultimacollection.com/en/collections/ultima-gstaad)

Each property offers a unique experience, with sustainability and well-being at the core, so this season, take skiing to new heights with your family in some of the world's most exciting destinations!





# TRAVEL TRENDS FOR 2023

*Looking ahead to this year, it's good to note what the travel trends are and what's helpful to consider as you get inspired for your family's future travel plans.*

Travel is a great way to expose your children to different cultural experiences and to spend quality time together. Covid has put a pause on this, but at long last, families feel more confident that 2023 holiday plans will go ahead as intended. This explains why travel is a priority for most this year, and according to research from Marriott Bonvoy, many UAE households are planning more trips than in 2022, with an emphasis on luxury. Let's look at other considerations.

## WELLBEING AND AUTHENTICITY

Wellbeing-led holidays allow parents and kids to get away from it all in a way that leaves them feeling rejuvenated upon returning to normal life. Over 60% of residents want to take a wellbeing-based trip this year, probably as a response to pandemic blues. This could be a great style of holiday for anyone with children who struggle with stress or adapting to post-covid life.

Many people are interested in experiencing a complete change of culture this year, and over half of travellers want to explore new destinations and cultures. This can be a lovely change of pace, expanding kids' horizons and providing plenty of opportunity to make deep impressions and colourful memories together.

## REMOTE WORKING

Many working parents are realising that being able to work remotely allows them to take a longer holiday without having to take annual leave for the whole break. In fact, hybrid and remote working is having a significant impact on travel plans in 2023, with almost a third of UAE travellers planning to take a 'work-away holiday', where they will continue to log on and work while travelling, meaning they can experience a new place without being restricted by leave. This is a very modern way of doing things, but could work very well for mums who run their own business or parents who can't always get time off to coincide with school breaks.

## MAKING YOUR MONEY WORK FOR YOU

Family holidays are not inexpensive! However, it's good to remember that there are many kinds of trips, with something to suit most budgets. The rising cost of living is a concern among many families, but Skyscanner's statistics show that at least 40% of households have decided to prioritise holidays this year over other big-ticket items.

That being said, making your money go further is a no-brainer for parents, as it allows you to take more family breaks or have a more premium holiday.

### Time of year

It is clear that we're hungrier than ever to discover something new - even though we might have less in our pockets next year. The aftermath of a pandemic has made travellers look for ways to make up for lost time and create new experiences and memories. Travelling at different times of the year can be a great way to make your budget go further, and many people are shaking up the pre-covid norms of travel by doing exactly this. People have become savvier about value post pandemic, realising that they can still prioritise getting away but by shopping around on metasearch platforms and being flexible in terms of dates and destination, they can get the most for their money.

### Alternative destinations

With price-led decision making and sustainable travel both top of mind, there has been a rise everywhere in the world in people considering new, alternative destinations for travel, partially as they are cheaper to visit. Travellers are increasingly on the hunt for less popular places that offer undiscovered experiences and unlock



better value breaks and to avoid price peaks around beach destinations. In fact, according to Skyscanner, their 'everywhere' search is regularly in the top searches post pandemic. Below are some of the destinations that have seen the biggest increase in searches for family breaks:

- Vienna, Austria (190% increase in searches)
- London, UK (60% increase in searches)
- Los Angeles, USA (36% increase in searches)

## NATURE AS A PRIORITY

Wildlife spotting and hiking are soaring in many families' travel activities planned for holidays, suggesting that the pandemic's emphasis on getting outside for walks and connecting with the local environment is now transferring as a key component of travel plans. There is also a rise in the popularity of a concept called Shinrin-yoku, a wellness trend that literally means 'forest bathing' - a practice that encourages people to simply spend time in nature. Interacting with the environment and watching animals has mood-boosting properties, as does getting out in the fresh air and amongst green nature. So swap sunbathing for forest bathing; and enjoy the positive effects on your family's mental wellbeing and sense of calm.

## SUSTAINABILITY

Sustainable travel continues to grow in consideration for travellers' decision making,

with over a quarter of people saying it's more important now than before the pandemic and 85% of people admitting environmental considerations now have some impact on their arrangements. It's great to see that so many families are making sustainability a priority, with many actually shaping their holidays around it, by trying to spend money with companies that have a positive environmental impact.

Bearing these ideas in mind for the year ahead can help you clarify what the right holiday might be for your family, your work-life balance and the kind of experience your household is looking for in the post-covid era of 2023.





# GOOD LIVING



Valentine's celebration ideas; beautiful fragrances; keeping your hair colour fresh and more!



## AN EVENING OF FRENCH ROMANCE AWAITS

If you'd like to spend Valentine's evening having a casual but elegant dinner, it has to be Couqley French Brasserie's Valentine's Day limited-edition menu, designed to set the tone for a classic evening of French romance. Available only on February 14th, the French Brasserie (located in Downtown) has curated a special menu filled with three courses of French favourites.

Introducing two new items, the Celeriac Soup with chestnut and truffle and the traditional Beef Wellington, there will also be a range of romantic desserts to sample. These include the Valentine's Heart, featuring a rose mousse and anglaise sauce, the lovely Pain Perdu, Creme Brûlée and Mousse Au Chocolat - all designed to leave couples with a taste of the sweetness of love.

The set menu is priced at AED 349 for a 3-course meal, where you can choose from a variety of starters, mains and desserts, with the option of adding a bottle of grape for AED 142 or a bottle of bubbly for AED 599.

Elevating its Valentine's menu, couples can choose the Couqley 'Dine & Stay' option and retire to the Pullman Hotel for a luxurious stay, inclusive of breakfast and a bottle of sparkling, starting at AED 999. With breathtaking views of the Burj, couples opting for 'Dine & Stay' are in for a truly romantic evening!

**For more information, please call: 04 514-9339 or WhatsApp: 055 491-0097.**



# IDEAS FOR VALENTINE'S DAY



## EXPERIENCE BLISS AT AMARA SPA

Relax with your special someone at the tranquil with the Amara Signature Couple Journey, in Dubai Creek Resort - a peaceful way to celebrate romance and love. Start your peaceful 3 hour journey with a warm foot routine, followed by a body scrub made of pink Himalayan salt and sandalwood powder, alongside a body wrap and a signature massage - complete with AMARA oil, made from bergamot, sandalwood and myrrh essence. In addition, round off your experience with a customised hour-long facial from HydroPeptide, and all for AED 3500 per couple!

*For bookings, call +9714 602 1660 or visit [www.dubaicreekresort.com/amara-spa](http://www.dubaicreekresort.com/amara-spa) for more details.*

## A COSY CULTURE NIGHT AT CINEMA AKIL

Those looking for an alternative to dinner options might fancy a movie night with their Valentine. If so, Cinema Akil is the choice for you! Cinema Akil is an independent cinema platform that brings quality films from across the world to the audiences in the UAE, showcasing directors and filmmakers across the decades and aiming to create awareness and interest in film as an artform. As the GCC's first arthouse cinema, it's a quirky and romantic option for couples wanting to soak in some culture together! All you have to do is hop onto Cinema Akil's website and book a film ahead of the day.

*Visit [www.cinemaakil.com](http://www.cinemaakil.com) for more details and to book tickets.*



## SHARE THE LOVE WITH TWG TEA



This Valentine's Day, luxury tea brand TWG Tea invites you and your family to embrace the season of love with their selection of tasteful tea-time gifts from the Caviar Tea Tin Collection. Conceived and designed to celebrate life's momentous occasions, the collection presents gorgeous round tea tins filled with exclusive TWG Tea blends, each made to evoke the spirit of connection and uplift the senses.

Tea is considered a soothing drink and the Caviar Tea Tin Collection in particular, comes with an extra level of luxury. A moment spent enjoying tea with your family is a moment of savouring calm, positivity and reflection together. It's such a pleasure!

### Mon Amour Tea

Inspired by the blush hues of the delicate rose, Mon Amour Tea, is a delicious and delicate infusion of black tea blended with yellow blossoms and sweet notes of quince, the sacred fruit of the goddess of love, Aphrodite.

### Timeless Tea

A swirling eddy of flavours, Timeless Tea is a classic black tea blended with a sweet bouquet of hibiscus and bright flowers. It turns back the hands of time, providing you with a moment to pause with your loved ones. A refreshing cup, with a lingering floral aftertaste!

**For more information, or to find the nearest TWG Tea Salon and Boutique near you, please visit [www.TWGTea.com](http://www.TWGTea.com).**

## VALENTINE'S DAY TO YOUR DOOR WITH KIBSONS



Celebrate the month of love with hearts, flowers and so much more, all at the convenient click of a button. Valentine's Day is undoubtedly a day to express your love for the most special people in your life, and with this in mind, what better way to make your loved ones smile than with delicious, thoughtful gifts and treats.

Kibsons has everything you need to make hearts sing this Valentine's Day, from your significant other, to your children, friends, pets or colleagues - share the love everywhere!

From heart shaped pizzas and burgers, to beautiful luxury chocolates and traditional bouquets, Kibsons offers a treat for every budget, that ticks your convenience and affordability boxes as well - and if you've left things to the last minute, you can take full advantage of Kibsons famous same or next day delivery service, to your door or theirs!

**You can shop the Valentine's Day range at [www.kibsons.com](http://www.kibsons.com) or call +971 800 5427667 for more details.**

## DINNER AND A SHOW - THE ULTIMATE DATE NIGHT



Enjoy a delightful three-course dinner for two, serenaded and thrilled by the live Be Our Guest show, inspired by the renowned tale of Beauty and the Beast. The show returns to the stage at 53 Restaurant & Lounge, with

outstanding musicians, acrobatics and dancers to shine the spotlight on the tale's unforgettable themes of love, sacrifice and family values. Starting from AED 500 per couple, the evening runs from 9.30 pm - 12.30 am on Valentine's night only.

**For reservations, contact +971 56 253 5353, or visit [www.sevenrooms.com](http://www.sevenrooms.com)**

## SHOW YOURSELF LOVE WITH THE SWISS ARABIAN'S EXPERIENCE GIFT SET

Fragrance has a reputation for being refined, lending you an extra level of sophistication as you go out the door! As well as a beautiful scent, a moment spent enjoying a spritz of perfume is a moment of self-love and intention. It's a real gift to yourself!

I was therefore happy to find the Swiss Arabian's Experience Set, which is ideal for both male and female fragrance lovers and those on-the-go, and a wonderful treat for yourself or your loved one this month. Whether your Valentine prefers a woody, floral, musky or spicy perfume, there is something for every kind of fragrance lover. Available in five different scent options, the easy-to-carry, refillable bottle is small enough to fit inside the palm of your hand so you can take it wherever you go. Adorned with a gold lacquer, this practical, travel-friendly but elegant spray is easy to slip into your bag or pocket.

This beautiful box set is priced at AED 265 and features three 10ml vials of the brand's most-loved scents. Choose from the floral fantasy of Rose 01, the ambry, woody scent of Gharaam, a balance of oud and blossoms in Oud 01, the fresh but musky Musk 07 or the gourmand Oud 07, with layers of vanilla. Captivating and alluring, a hint of these unisex fragrances is guaranteed to turn heads!

***The Swiss Arabian's Experience Set is available to purchase in-store or online at [www.swissarabian.com](http://www.swissarabian.com).***



## SHOW YOUR TRUE COLOURS WITH DUALSENSES



If you dye your hair, the importance of colour maintenance doesn't stop with the stylist at the salon, but relies on your upkeep at home! The DualSenses range by Goldwell, the German salon-professional haircare brand, is designed to help you do the job. Delivering instantly visible results with built-in colour protection, this might just be the answer to keeping your locks looking healthy and vibrant between salon appointments.

DualSenses Colour Revive line of shampoos and conditioners refreshes your roots and intensifies your colour at home, with a variety of options for fine, normal, thick and coarse hair, all containing their unique 'FadeStopFormula' technology which minimises colour fading with every use.

DualSenses Blondes & Highlights line brings out colour luminosity and helps to neutralise brassy tones for all the blonde ladies out there - and if you like extra pigment in your colour, feel free to use it with every wash. To keep red hair bright, use the range every other time you wash your hair to impact the colour. When dealing with greys, opt for the DualSenses Silver line to tackle unwanted yellow tones and instantly refine cool blonde hair.

Lastly, don't forget their Colour Leave-in Mask, a lightweight conditioner that deeply nourishes dyed hair, and specifically helps your locks to improve their colour retention, to keep you looking and feeling your very best.

***DualSenses by Goldwell is now available to purchase at [www.cozmada.com](http://www.cozmada.com).***



## DIAMONDS ARE FOREVER!

If you're looking for a special gift, or a timeless piece this Valentine's Day, look no further! To mark the month of love, Etika Jewels has created a special capsule collection of necklaces named 'The Love Circle' that really caught my eye. The collection consists of five sleek circular pendants, crafted from 18K yellow or white gold and priced at AED 2400. Accented with lab-grown diamonds and engraved with the simple yet meaningful message of 'I love you' in five different languages, you can opt for yours in Arabic, English, Spanish, Italian or French.

Founded by Basma Chaieri in 2022 in the UAE, Etika Jewels® is an online-based jewellery retailer that offers everyday modern jewellery designs made from lab-grown and sustainable diamonds and gemstones. The brand provides customers with beautiful, ethical, mindful and affordable diamond and gold jewellery alternatives that aim to disrupt traditional operations by raising ethical standards in the diamond industry.

With a focus on educating us on the ethical nature and various benefits of lab-grown diamonds, Etika Jewels® also aims to support community building and female empowerment through its operations.

This exclusive capsule collection is part of the brand's 'Say the Words' campaign, which is centred around finding a timeless way to celebrate love in all its forms, whether it be amongst



partners, friends or parents and children. The collection is uniquely designed to symbolise one's warmest emotions, with sustainable fine jewellery that will stand the test of time. Consequently, each piece is a conscious and thoughtful gift that can be treasured and passed onto the next generation. The chic pendant design makes for a gift that is sentimental, stylish, and a versatile piece that can complement any kind of look this Valentine's Day and beyond.

**The collection is available to purchase at [www.etikajewels.com](http://www.etikajewels.com).**



## YOUMI BEAUTY IS BACK

This month, I'd like to highlight the re-launch of Youmi Beauty, a renowned cosmetic brand that is the brainchild of mega beauty and fashion influencer Youma Khouri. When it first arrived onto the beauty scene in 2017, it had immediate success with its famed contact lenses (AED 147), which were later complemented by eyelashes (AED 110) and hair extensions (starting at AED 1212). After a two-year hiatus of researching and sourcing the perfect products to offer, Youmi Beauty is back, to put itself at the forefront of the high-end luxury beauty market. The brand inspires all women of the world to feel confident and empowered whilst celebrating the women of both today and tomorrow.

Having started the Youmi Beauty Charity Foundation, 25% of sales go towards orphanages, charities aiding the disabled and countries in need. The brand also thinks globally in terms of sustainability, including its introduction of recycled paper for all packaging, consciously contributing to its plastic footprint. Additionally, the brand has now introduced other features to better the customer experience, such as worldwide shipping and express delivery.

**All contact lenses, luxury lashes and extensions are available to buy at [www.youmibeauty.com](http://www.youmibeauty.com).**

# COMPETITIONS

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

## WIN! A STAYCATION AT HILTON RAK BEACH RESORT, WORTH AED 1400



A lucky winner will experience a one-night staycation in the Junior Suite Sea Front Villa for two adults and one child, inclusive of breakfast

at the beautiful Hilton RAK Beach Resort. This family beach resort is sprawled over 1.5km of gorgeous beach and gardens. The hotel features several outdoor pools too, including a large saltwater pool, an adults only pool and a kids' pool with a waterslide. The 11 restaurants it boasts have established the resort as a renowned culinary destination, with contemporary Lebanese, Mediterranean, Latin and Caribbean, Italian and modern international cuisines. A refurbished gym, complete with the latest technogym equipment is open 24/7, Kids and Teens clubs are available and there is a luxurious Arabian-style spa. Activities include eco-golf, yoga, boxing, snorkelling and kayaking - every day is an adventure here, with its award-winning facilities and restaurants providing you with the perfect getaway!

## WIN! A 3 DINE IN VOUCHERS AT LAPA EATERY, WORTH AED 600



A lucky winner will win three dine-in vouchers at Lapa Eatery, an establishment that provides high-quality and consistent food that tastes great every single

time. The restaurant serves delicious breakfasts and homemade dishes, with an emphasis on good, clean food. Sit back and savour the tastes and drinks on offer, but most of all, relax!

## WIN! A BRUNCH FOR TWO AT AL MANARA, WORTH OVER AED 500



The open-air beachside restaurant, Al Manara, located in Habtoor Grand Resort, Autograph Collection, is giving two lucky winners the chance to explore a delicious sunkissed family brunch by the beach. Al Manara is the ideal destination for enjoying

the sun, sand and sumptuous bites. Guests are greeted with delectable drinks upon arrival and can explore a family-style concept selection of flavorful starters and desserts, served straight to the table. Families can also opt for an extensive buffet, with live stations that boast a wide variety of hot international dishes to choose from. Little ones are in for a treat too, with a plethora of exciting activities to keep them entertained in between bites. Kids can have the time of their lives playing on a bouncy castle or getting their faces painted, alongside many more exciting activities. The sensational brunch at Al Manara promises a fun-filled culinary journey to experience with your nearest and dearest.

## WIN! MISSPALETTABLE PRODUCT RANGE, WORTH AED 505



Regarded as the original conscious beauty store in the UAE, MissPalettable was founded in 2017 to provide a home for innovative beauty brands. When the founder struggled with finding skincare products that soothed her sensitive

skin post pregnancy, she realised that she couldn't be the only one struggling with the lack of options in Dubai, and so, MissPalettable was born. The mission was simple. The company scoured the globe to curate the most innovative, cruelty-free and conscious beauty brands, bringing them to you under one roof.

**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! 2 DINE IN VOUCHERS AT SPILL THE BEAN, WORTH AED 500



A lucky winner will win two dine-in vouchers at Spill The Bean. A family run coffee shop and community space, their coffees are 100% organic, 100% fair trade and 100% delicious. With a welcoming atmosphere, hot drinks galore and fresh food to enjoy, this is a spot you won't want to miss.

# WIN! SHOWER IN LUSH GIFT SET, WORTH AED 525



The new Shower In Lush Gift Set is bursting with uplifting, fresh products to cleanse your body from head to toe. The set includes eight shower and body delights and is packed in a box made from 100% recycled board. It contains the Montalbano shampoo bar, Olive Branch shower gel (100g), Happy

Hippy shower gel (100g), Dirty Springwash shower gel (100g), Outback Mate soap (100g), Repeat Foot Balm (45g), Lime Bounty body butter (45g) and some Orange Shower Scrub (130g). What's not to love?!



# WIN! A MEAL AT EATALY ARABIA, WORTH AED 500

A lucky winner will enjoy a meal at Eataly, the world's largest Italian food market and restaurant concept chain, offering exquisite Italian gastronomy. They present an expansive menu, featuring Italian favourites, alongside their iconic signature pizza and pasta dishes, as well as a variety of salads, breads and classic meals to go. All of their food is made in-house, with Eataly's fresh, high-quality ingredients. So tasty!

# WIN! 2 BOXES OF MARTIANS ESSENTIALS, WORTH AED 600



Win AED 600 worth of products from the Martians® Essentials range! Brought to you by STADA, Martians® gummies and

multivitamin syrups have landed in the UAE to give parents a helping hand to 'grow great kids' with lives full of daily discoveries. Recognising the importance of building a strong immune system in children, the benefits of vitamins and minerals are made easy to access, with the Martians® range of products. Free from dyes and preservatives, Martians® Syrup is suitable from 12 months onwards and the 'Two Gummies A Day' supplements are suitable from 3 years old. Here's to health!

**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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