

ISSUE 141 | MARCH 2023 | DHS15

# Mother Baby & Child

**POSITIVE SELF-TALK  
FOR KIDS**

**BEST IFTAR PICKS**

**MOTHER'S DAY  
GIFT GUIDE**

**BALANCING  
MOTHERHOOD AND  
YOUR CAREER**

**CREATING A  
SPECIAL AMBIENCE  
FOR RAMADAN**

## ELLI KASBI

CEO, MUM AND FOUNDER  
OF ELLI JUNIOR ON HER  
NEW FLAGSHIP STORE!



62970001070223

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## FOUNDER

Dominic De Sousa  
(1959 - 2015)

## PRINTED BY

Al Salam Printing Press LLC

## FOR OTHER ENQUIRIES, PLEASE VISIT:

motherbabychild.com



MBCM Magazine

## PUBLISHED BY



## HEAD OFFICE:

Office 1307, DSC Tower,  
Dubai Studio City, Dubai, UAE  
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Email: info@cpimediagroup.com

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Production City, DCCA

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# EDITOR'S LETTER



## *Hello Mum!*

Ramadan Kareem to you and your families. This month, on pages 10 and 11, you'll find my recommendations for wonderful Iftars that take your family on a journey, from a Michelin star chef making delicious Indian cuisine, to a unique Bedouin-style Zarb Iftar on the beach. Elsewhere in the Things to Do section is a free family fair, where you and your children can enjoy a pop-up market, fitness classes, kids activities and lots of tasty food!

Still on the topic of children's activities, I have included a piece all about a mindfulness spring camp for little ones, taking place this month. The camp nurtures mindful thinking and habits as kids explore nature, play games and learn techniques to stay present in the moment. Check it out on page 21.

Ramadan is a time for reflection and self care, so you'll find plenty of articles that have this thread running through them in this issue. These include an article on page 14 where I speak to Zainab Alhassan all about the importance of mental wellbeing support for mums trying to manage family life and a career. It's a balancing act, so I hope the tips discussed will help you in some way. In terms of self-reflection, I've carried an article on page 23 that looks at ways to promote positive self-talk in children, to help them develop healthy self-awareness and esteem so they can blossom into the most confident version of themselves.

On a lighter note, I've included some of my favourite picks for Mothers' Day gifting this month on page 48. This includes freshly baked goods delivered to your door, luxury, inclusive activewear and beautiful perfumes that will make you feel refreshed and ready for your day. The fragrant nature of these scents indulges one of our senses that is often neglected, but has a very powerful effect on calm, serenity and wellbeing - all of which mums welcome!

I've featured a number of amazing places to visit as a family, whether you're looking for a tropical sanctuary (page 39), a retreat back to nature here in UAE (page 40), or a quick weekend getaway to leave you rejuvenated and relaxed (page 41), you'll find plenty of inspiration for your next holiday together!

I'll leave you to discover the issue for yourself but before I go, I want to encourage you to enter our exciting competitions this month. You never know...you might be one of our lucky winners!

Ramadan Mubarak and best wishes to you, as always.

*Ella*

Editor

Mother, Baby & Child Magazine



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## Editor's PICK

### SET A BEAUTIFUL TABLE THIS RAMADAN

This Ramadan, I wanted to tell you about a beautiful range of elevated essentials from West Elm for setting the table while coming together to dine and give thanks. Whether your family is big or small, the moments that matter throughout the Holy Month are those spent together!

As a time for reflection and appreciation, West Elm has created understated yet elegant dinnerware pieces that mark the occasion. With metallic touches and intricate Arabesque patterns, the collections are perfect for hosting an Iftar or Suhoor with friends, family and community. The beautiful Ramadan collections Sama and Jothoor include dinnerware, glassware, candles and sparkling lanterns for added celebration throughout the Holy month and during Eid celebrations.

*For more information or to shop the Ramadan Collection, visit their branches across the UAE or visit [www.westelm.ae/en/shop-ramadan](http://www.westelm.ae/en/shop-ramadan)*



# the Island Club

SS23  
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## A SUSTAINABLE, STYLISH COFFEE CUP IS HERE!

I have some great news for coffee lovers out there - Ultra Brasserie are now offering a 10% discount on all future coffee refills when you bring your Ultraful Cup. Not only will you be saving money, but you'll also be contributing to a greener planet. The Ultraful Cup is made entirely from bamboo, a renewable resource that's good for the environment. By using the Ultraful Cup, you'll be reducing waste and helping to save trees.

And as a special thank you for joining the Ultraful movement, Ultra Brasserie are offering a free instant coffee with every purchase of the Ultraful Cup. So enjoy a discount on your coffee while making a positive impact on the environment - one cup at a time!

*Visit Ultra Brasserie to find out more information.*



# Join Our Ramadan Camp



Guided by the vision of His Highness Sheikh Mohammed bin Rashid Al Maktoum, Ora spearheads early childhood development in Dubai. Through our pioneering and innovative Zayed Early-Learning Framework, we prepare young people to lead the future of the UAE and the world.



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# THINGS TO DO



The best iftars this Ramadan; a fun-filled family fair; sushi making classes and the world's largest bouncy castle!



## ENJOY A FAMILY FAIR AT YAS ACRES GOLF AND COUNTRY CLUB

A fun-filled family day out, the Yas Acres Family Fair awaits at Yas Acres Golf And Country Club on March 11th. Admission is free and there will be a pop-up market, live entertainment, kids activities, fitness classes for ladies and children including yoga and tone workout, as well as an artistic swimming performance. This amazing event will feature live cooking stations by the pool, 'Jazz & Brunch' at Acres Grill House, and pizza at Roots. Children up to 6 years old will be treated to a complimentary bento box too. So make sure to check out the Yas Acres Family Fair, where there'll be something for everyone to enjoy!

**Date:** March 11th

**Time:** 11am to 6pm

**Location:** Yas Acres Golf and Country Club

**Price:** Free

**For more information, visit [www.viyagolf.com/familyfair](http://www.viyagolf.com/familyfair) or call +9712 2087 222.**



## BECOME A SUSHI MAKING MASTER AT KATSUYA

Are you a foodie looking to take your culinary skills to the next level? Explore the world of sushi flavours at Katsuya Hyde Dubai's Sushi Making Masterclass. Learn from the best and get hands-on experience from the expert, Katsuya's Head Chef, Pavel, a renowned sushi chef with years of experience in creating delicious and beautifully presented sushi dishes.

With Pavel as your guide, you will have the opportunity to learn the techniques, tips and secrets of sushi making, including how to properly prepare and roll sushi, select ingredients and create that perfect balance of flavour. Afterwards, you'll be guided on how to pair your sushi creation with the perfect sake or mocktail to enhance the flavours, as well as how to plate your sushi so you can present a dish that's as visually stunning as it is delicious!

**Date:** Every Sunday

**Time:** 12pm to 8pm

**Location:** Katsuya Hyde Dubai

**Price:** AED 299 per person

*For bookings and further information, please call +971 4 871 1111.*



## EXPERIENCE THE WORLD'S LARGEST BOUNCY CASTLE AT RIVERLAND



JumpX, Dubai Parks and Resorts' new inflatable park, located at Riverland Dubai, has opened, setting a new Guinness World Record for the largest inflatable bouncy castle in the world! Spanning a massive 1,262m<sup>2</sup> (13,584 square feet), kids can leap into their next adventure at JumpX and take inflatable fun to a new level.

Open daily for the cooler season from 2pm to 8pm, the park has an array of adventure zones, climbing walls, tunnels and obstacles, spread over multiple levels. JumpX also offers fully catered and themed birthday parties, corporate events and can be hired for private functions. So whatever the occasion, you and your family are sure to leave JumpX with a spring in your step!

**Date:** Open daily from Monday to Sunday

**Time:** 2pm to 8pm

**Location:** Riverland Dubai, Dubai Parks and Resorts

**Price:** AED 60 per hour

*For tickets and more information, check out [www.dubaiparksandresorts.com](http://www.dubaiparksandresorts.com).*

*Everyone loves a delicious iftar experience, right? Well look no further because here is our selection of the best iftar picks happening during the Holy Month.*

## GIFT AN IFTAR THIS HOLY MONTH



Ramadan is a time for both fasting and feasting and during the entire month, guests at Rove Hotels can enjoy a delicious iftar spread across all The Daily restaurants in Dubai. With an extensive range of cold buffet favourites including salads,

appetisers and desserts, along with a variety of hot dishes featuring both Arabic and international flavours - everyone's palate is catered for! During the Holy Month, you can even enjoy traditional delicacies like lamb Ouzi, alongside a selection of popular Ramadan juices.

As if this enticing selection wasn't enough, iftar at The Daily has an extra bonus treat in store. In keeping with the spirit of kindness during the Holy Month, every diner who purchases an iftar will receive a free voucher for a second iftar to 'Pass It On' to a family member, friend, colleague, neighbour, helpful stranger, or someone in need. The iftar vouchers can be redeemed at any of The Daily restaurants across the city and are valid for the duration of the Holy Month.

**Location:** The Daily restaurants

**Dates:** Throughout the month of Ramadan

**Price:** AED 99 per person



## A FEAST BY THE SEA

Celebrate with your loved ones with an enticing Ramadan set menu and a spectacular view overlooking Palm Jumeirah at Ella's Eatery. Take in the view of the sea while enjoying the iftar set menu on offer throughout the Holy Month of Ramadan, with a delectable selection of Arabic-inspired food and drinks for all the family. The set menu includes two starters, a main course, a desert and selected Ramadan drinks, to leave you and your family full and happy after a long day of fasting.

**Location:** Ella's Eatery

**Dates:** Throughout the month of Ramadan

**Price:** AED 115 per person

## TAKE TIME TO CONNECT THIS RAMADAN



Whether you're looking for a solitary trip for quality alone time, a staycation to reconnect with a loved one, or a group getaway with friends, Rove Hotels has you covered. Guests can book a special Ramadan deal, which includes two iftars during their stay.

Rove Hotels, in collaboration with Project Chaiwala, the homegrown tea concept, will also be placing the first-of-its-kind Karak chai sachets in all rooms for you and your loved ones to enjoy during the month of Ramadan. This tasty hot beverage will be available for a limited time and is an important aspect of local culture, giving guests a chance to become better connected with the city.

**Location:** All Rove hotels except Rove Downtown

**Dates:** Throughout the month of Ramadan

**Price:** Starting from AED 299 per night

**For further information, visit [www.rovehotels.com](http://www.rovehotels.com) or call +971 4 561 9999.**

## EMBRACE THE SPIRIT OF THE SEASON AT 81 RESTAURANT



Enjoy a specifically curated selection of Middle Eastern and international dishes throughout the Holy Month of Ramadan. Chef specials include a variety of appetisers, hot and cold mezzes and main courses such as Mandi and Ouzi. Iftar can be enjoyed al fresco, on the beautiful terrace

overlooking the green golf course, where you can sit back, relax and indulge in a tasty feast!

**Location:** 81 Restaurant at JA Lake View Hotel

**Time:** Sunset until 10pm throughout Ramadan

**Price:** AED 199 per person, inclusive of Ramadan juices, and AED 99 for kids aged 6-12

## A MICHELIN STAR IFTAR AWAITS AT KINARA



This Ramadan, Indian Michelin Star chef, Vikas Khanna, has curated a special sharing menu featuring the best dishes at Kinara. Select appetisers include the likes of Kurkuri Dahi, Lamb Seekh Kabab, Kinara Roti, Baingan Bharta and Tellicherry Pepper Chicken Tikka. The menu also boasts several signature meals, like sesame crusted Kofta, Dal Sultani and Chicken Berry

Biryani. In honour of the festivities, chef Vikas has created unique, Ramadan-inspired desserts like saffron rose pudding, baked chenna and assorted baklava. This is an iftar not to be missed!

**Location:** Kinara at JA Lake View Hotel

**Time:** Sunset until 10:30pm

**Price:** AED 299 per person

## UNIQUE BEDOUIN-STYLE ZARB IFTAR ON THE BEACH



Sample traditional Arabic dining with a spectacular Bedouin-inspired iftar, complete with majlis seating under the stars. The spread features classic slow-roasted lamb cooked in a Zarb, a traditional underground fire pit, while the ancient technique of cooking under the sand allows

you to experience an authentic Bedouin barbecue on the beach. This mouth-watering meal is served with vegetables and rice, alongside drinks, dates, and hot and cold mezze. Don't forget to top it all off with festive sweets and Arabic coffee, relaxing under the night sky after what is sure to be a truly delicious experience.

**Location:** Anchor Restaurant at JA The Resort

**Time:** Sunset until 11pm

**Price:** AED 550 per person (minimum booking of 8 people)

## SAVOUR THE SET MENU AT HIKAYA



Hikaya introduces a limited-edition iftar set menu at its newly transformed Ramadan Majlis. The menu features traditional Emirati-style Ouzi and homemade Samak Harrah, Lamb Tagine, Makbous, Katayef with cheese and more,

and also includes unlimited Ramadan juices, dates and authentic Arabic coffee. You can also book private iftars with family and friends at the scenic Palm Tree Garden and enjoy a sharing-style set menu complete with desserts and free flowing soft beverages.

**Location:** Hikaya at JA Hatta Fort Hotel

**Time:** Sunset until 10pm

**Price:** AED 85 per person for an iftar set menu and AED 140 person for iftar and shisha

**For more information or bookings, email restaurant.reservation@jaresorts.com or call 04 814 5604.**



# WELLBEING



Balancing motherhood  
and your career; three  
steps for a healthy heart;  
innovations in baby food  
and more!



# ELLI JUNIOR IS HERE!

*As seen on our cover, we're excited to showcase 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.*





# THE BALANCING ACT: HOW TO MANAGE MOTHERHOOD AND A BUSY CAREER

*This month, we talk to Zainab Imichi Alhassan, co-founder of POP Communications and mother-of-two. We dive into the challenges of balancing motherhood and a busy work life, while minding your wellbeing.*







Zainab is the mother of two young boys and has spent several years managing the reputations of local, regional, and international clients. With her strategic insight, creative ideas, and quick-thinking, she has successfully crafted eye-catching PR and marketing solutions for both homegrown and multinational brands. Her passion for PR and digital media is evident in her work. She has a particular interest in tech startups and beauty brands. A confident speaker, Zainab is known for empowering others with her hard work, deliberate thinking and ambition.

A respected figure in the industry, she continues to lead the team at POP Communications in providing innovative and effective solutions for their clients, all the while juggling the demands of motherhood. With March including Mother's Day and International Women's Day, we were delighted to speak with her about the importance of mental wellbeing for mothers and how to find the balance between a busy career and motherhood.

### HOW DO YOU JUGGLE PARENTING WITH A BUSY CAREER?

I've always been able to multitask, so when we started growing our family, I thought it would be a walk in the park, but reality quickly hit me. Being able to successfully juggle a career and family is still something I haven't figured out fully, but I must admit that having a partner and team both at work and at home makes life easier.

These are some of the things that have helped me cope and I would suggest the same to others who are trying to find that balance and have the capability to do so.

### Find and invest in your village

Raising kids isn't just for the nuclear family. Get all hands on deck, whether that's family, friends, hired help, or sending your child to nursery. I must add that my husband is my partner in this parenting journey and we are equally supportive of and check in on each other continuously.

We live in an era where both parents need to work, either for financial security, or emotional wellbeing and a life outside of our children. It may be a different experience from our parents' generation but it does not mean that one is superior to the other. It's simply a different way of living as a result of changing times.

### Enlist help and outsource to experts

You can't do it all and that's okay. There is no reward for burnout. Always make sure that you prioritise your own wellbeing and happiness too. It's easy to care for everyone else around you but your kids need a healthy, happy mum first and foremost. This is where getting help and seeking expert insight can be really useful.

### Build a dependable and professional team

If you run your own business, which many UAE moms do, then enterprise is very much a part of your life and can't be put on hold, especially when you are also an employer. Investing in a dependable team that is part of your village will help you with the personal and professional juggle immensely.

### WHAT DO YOU THINK ARE THE MAIN CHALLENGES AS A NEW MOTHER?

I have two boys, Zayd (21 months) and Hamza (10 months), so my motherhood journeys were very close. Zayd, my first, was born three months premature, so naturally with that comes a set of unique challenges for any mother, even more so for a first-time mom. Ensuring his development and welfare was and still is a predominant focus. As with the majority of premature babies, in addition to extensive medical care, supportive aid such as physical, speech and occupational therapy are also tremendously helpful. Managing





these appointments and dedicating time can be overwhelming and both physically and emotionally draining. I've definitely had my moments, but I've been able to take a step back, assess and remind myself that I am fortunate and thankful to be able to access and provide the support Zayd needs.

It was definitely easier the second time around, but also different given my first experience. It was fascinating to see Hamza develop in line with his age, but at the same time, I was not prepared for it.

Although Zayd and Hamza are close in age, they have two different bedtimes and sleeping habits. For now, they sleep in different rooms so they don't wake each other up but this will need to be re-evaluated. Lastly, managing two different personalities and trying to make sure one doesn't overwhelm the other, and juggling unique needs at different developmental stages is also difficult at times.

### HOW IMPORTANT IS IT FOR MOTHERS TO GET MENTAL HEALTH SUPPORT?

Many women go through a lot of psychological issues that often aren't spoken during pregnancy and afterwards. It's crucial that all new mothers get support - ignore any mum that says otherwise. There are many aspects of a postpartum journey that can affect a mother's mental state, such as birth trauma, an

unsupportive partner, unsolicited advice and much more. Often, new mums are so wrapped up in their newborn's wellbeing, they don't even realise or check in with their personal psychological state. So, if you know a new mother, be a friend and touch base with her. A simple, yet genuine 'how are you doing?' can be tremendously supportive.

### The power of social media

Adding to this, social media's depiction of new mothers with their clean and tidy homes, flawless make-up, chic style, and more can be damaging to a lot of women during their postpartum stage. However, there are just as many mothers or communities on social media that address postpartum mental health head-on, supporting women who are not in a position to obtain personalised support. Seek help, don't be embarrassed and champion your own needs.

### HOW WOULD YOU TACKLE FEELING UNDER PRESSURE ABOUT WORK AND FAMILY?

Tune out the noise. It's easy to give in to all the cumulative unsolicited parenting advice, where you then find yourself performing motherhood for an audience that isn't attuned to your realities. So, look inward, which brings me next to my next tip. Trust your instincts. No one

knows your postpartum experience and baby's needs better than you, and it's easy to feel insecure or unsure of yourself in your new role as a mother, but always remember that you do know your unique situation best.

### WHAT ADVICE WOULD YOU GIVE TO WORKING MOTHERS ABOUT TIME MANAGEMENT?

I have two pieces of advice on this. Firstly, you can do it all, in due course, but it's not all going to happen at the same time - and that's okay. Take each day as it comes and plan your time according to priority. Eventually, life will pan out.

Secondly, I want to highlight the place of saying 'no' - it's a word that should be used more often. Prioritise what is important to you and choose how you spend your time wisely. Contrary to the messages we are all given, it is okay to say no to attending a friend's birthday, a business dinner, or passing on prospective new business. If it will cause you stress, it's not worth it. Simply say 'no', and follow up with a 'thank you' for the sake of politeness.

There is no perfect one-size-fits-all answer to how best to juggle motherhood with a busy career, but I hope my answers can help guide some mums out there towards finding their own unique balance. The experience of becoming a mother is different for every woman, and their priorities with work will vary according to what they personally value. However, one thing is certain - motherhood is challenging and the wellbeing of mums is very important! So seek help where you need it, express your needs and make sure to champion your own welfare as well.



# THE BEST OF BABY FOOD

*Ensuring your baby gets the nutrients they need is every parent's concern. Here are two companies leading the way in providing little ones with the best nourishment possible, without compromising on convenience!*



## BRILLIANT BREAKFASTS WITH BUMBLEBEE FOODS

Making the morning routine easier for busy families on the go, Bumblebee Foods, with their ready-made frozen meal plan are here to help! Offering healthy, nutrient-rich breakfast options for babies and toddlers, packed full of locally sourced ingredients, these breakfasts have been developed by in-house, specialised paediatric nutritionists and certified chefs, to make everything as fresh as possible for your child.

Bumblebee Food aims to ensure babies develop a healthy and sustainable relationship with food, that is hassle-free for busy caregivers too! With the use of fresh, organically sourced ingredients, the products can stay in the freezer for two months. All Bumblebee food is cooked from scratch and the breakfast range provides new flavours and textures to help

little ones develop their palette, with plenty of options for each child's needs.

## What are the options?

The breakfast meals are designed for easy transportation and fuss-free feeding. The meals fit perfectly in either a parent's bag or a child's and are also suitable as an airplane carry-on or in-flight meal. You can choose from beetroot or spinach pancakes, packed with iron and fibre; an antioxidant-packed berry blast pouch, perfect for slurping cold or warm and strawberry quinoa, which is a nicely textured option for parents looking to develop their baby's palate.

## CUTTING EDGE NUTRITION WITH BABYCOOL

BabyCool is an Estonian company that creates some of the highest quality frozen

baby food available using organic ingredients grown in a Nordic climate, and is showcasing its innovative line of frozen and freeze-dried products at this year's Gulfood. Their cutting-edge line of frozen and freeze-dried products is produced in Saaremaa, the island of the ancient Vikings, known for its pure and abundant natural landscape, national parks and nature reserves.

## Packing a powerful punch

Baby food that has been freeze-dried is a breakthrough that meets the needs of busy parents whilst also supporting sustainability and convenience. Exceptionally practical, it offers the best and freshest of ingredients - never compromised by the production process. In fact, because the products are freeze-dried powders, they are shelf stable - retaining and even concentrating the nutrients from the ingredients.

## High quality...without compromise!

Since the invention of the "pouch" and the ability to feed a baby directly from one, innovations in the baby food industry have been slow. Until now, there hasn't been anything else on the UAE market that combines the benefits of BabyCool's storage and lifestyle efficiency with the high quality and nutritional components of their food.

Founded by two mothers - Kaia Sink and Annika Vestel - BabyCool was born out of a desire to give their babies the best nourishment, without compromise. The latest products from BabyCool have been minimally heated and are freeze-dried for greater nutrition and vitamin preservation. Created in collaboration with the Estonian University of Life Sciences and approved by the Estonian Allergy Association, the raw components come from Estonian farms which have been certified organic by the European Union - offering your baby the highest quality nutrition possible.



# A HEALTHY HEART: THE THREE STEPS YOU NEED TO KNOW

*Abu Dhabi 360, the recently launched emirate-wide wellness program, tells us how and why you should invest in your heart health.*

Cardiovascular disease, or heart disease, is the leading cause of death worldwide. An estimated 17.9 million people died from heart conditions in 2019, representing a staggering 32% of all global deaths. It's a significant problem and one that is rising in the UAE. According to a 2021 study by Cleveland Clinic Abu Dhabi, more than half of people in the UAE have been affected by heart disease. Year after year, it is responsible for about 40 percent of deaths in the country.

A 2022 study found that in the UAE, cardiovascular disease is happening among people 10-15 years younger than the average age worldwide. Some UAE doctors report seeing heart disease in people as young as 30 or 40 years old - so it's never too early to think about your heart health!

## WHAT IS HEART DISEASE?

Cardiovascular disease affects your heart and circulatory system. It involves a fatty build-up of plaque in your blood vessels, caused by smoking, high blood pressure, or too much cholesterol or sugar. This build-up can disrupt your blood flow and cause pain. If blood vessels become completely blocked, you can experience a sudden loss of blood flow to your organs, resulting in a heart attack or a stroke.

## LIFESTYLE FACTORS

There are certain things that will place you at higher risk for cardiovascular disease, including:

- ✓ High cholesterol, high blood pressure or diabetes
- ✓ Smoking
- ✓ Being overweight

- ✓ Not being physically active
- ✓ Eating a lot of unhealthy, processed food
- ✓ Being over 55 years old for women, or 45 years old for men
- ✓ Having a family member with heart disease

## THE GOOD NEWS

It may sound worrying, but there is good news - most deaths caused by cardiovascular disease are entirely preventable. What a lot of people do not know is that making minor lifestyle changes can have lasting positive effects. "It's not a foregone conclusion," says Dr. John Bromley, a public health consultant in the UK. "Making lifestyle changes can transform your health and your future. Eating right, getting plenty of sleep and quality time with people you love, and exercising regularly are the most simple and effective methods for improving your cardiac health. Three key lifestyle changes that are a game-changer for your heart health are moving your body more, eating more whole foods and spending time with the people you love."

## MOVING YOUR BODY

Research is clear that inactivity leads to disease. The importance of exercise for your heart health can't be overstated. Your heart is like any other muscle in your body - it needs exercise to stay strong and healthy.

"One of the most beneficial things about exercise is the fact that it dramatically reduces a lot of the risk factors for cardiovascular disease," says Dr. John Bromley. "It helps lower blood pressure and reduces



inflammation throughout your body by helping your muscles get oxygen from your blood, meaning your heart doesn't have to work as hard to pump blood through your body."

## Managing stress

"Exercise also reduces stress hormones and helps with depression and anxiety, by producing endorphins, or chemicals in your brain that make you feel good," Latifa Bin Haider, Co-Founder of Mental Health UAE tells us. "Heart health can be negatively impacted by stress. Stress causes the body to release hormones such as adrenaline and cortisol, which can raise blood pressure, blood sugar and heart rate. This may eventually



strain the heart and blood vessels and result in heart disease. According to research, chronic stress has been linked to a higher risk of heart disease and has been shown to exacerbate pre-existing cardiac issues. By carrying out regular exercise, or even meditation, counselling and other relaxation practices, we can help manage our stress.”

### Physical wellbeing

Exercise is also known to lower the risk of developing diabetes by helping you control blood sugar and maintain a healthy body weight, by building muscle and burning calories, both of which contribute to heart health. Cleveland Clinic Abu Dhabi recommends combining aerobic exercise with

moderate strength training to improve your heart health. Aerobic exercise is any activity that makes you breathe faster, increases your heart rate, and uses your large muscle groups repetitively, for a sustained period. Good examples are walking, swimming or cycling. Strength training helps improve muscle fitness. Examples include lifting weights (even small ones!), doing push-ups or squats.

### Where to start

It's easy to tell someone to exercise. It's harder to get started. While you should eventually aim for about 150 minutes per week, most people shouldn't start there. It's okay to start slowly so you don't get overwhelmed. Any exercise is better than no exercise! Begin with

an activity that is manageable for you and that you enjoy, and then add five minutes to your workouts every few days. Also, try exercising with a friend for a sense of companionship and support.

## EATING MORE WHOLE FOODS

People interested in nutrition often talk a lot about individual nutrients such as cholesterol, fats and vitamins. This has created some confusion about what a heart-healthy diet is.

“It's important to remember that people don't eat individual nutrients,” says Dr. John Bromley. “They eat food. Ideally, real, whole foods that are cooked at home. The Mediterranean diet, which comes naturally to many people in this part of the world, is a good guideline. It lowers your risk of a serious heart event.” The Mediterranean diet focuses on fruits and vegetables, whole grains, nuts, seeds, fish and vegetable oils, including olive oil. It limits red meat, dairy and alcohol, as well as processed and fast food.

### One step at a time

Just like with exercise, it's okay to change your diet slowly. If you eat a lot of takeaways, try browsing online for a recipe to make your version of your favourite take-out meal. The food you make at home with fresh ingredients will almost always be healthier than a takeaway meal. If you usually eat fries with your burger, swap them for a salad. If you're craving something sweet, try a piece of fruit or a small piece of dark chocolate. Dark chocolate has less sugar than milk chocolate and a small piece should alleviate your craving.





## SPENDING TIME WITH LOVED ONES

It may sound surprising but multiple studies have shown that poor social health can increase your risk of cardiovascular disease. “Scientists and physicians have known for years that our minds and bodies are closely connected,” says Latifa Bin Haider. “Lack of social connection has long been associated with poorer health. Not feeling as though you have someone to rely on can dramatically increase the odds of a cardiac event such as a heart attack.” Social support, and feeling like we are not alone, can help reduce stress and increase our ability to cope with difficulty. Depression and anxiety, which are exacerbated in people with poor social support, put a lot of stress on the heart.

## The love hormone

“Your brain takes in stress and uses it to send signals to the rest of your body,” Bin Haider tells us. “Our bodies’ reactions, including inflammation, can contribute to cardiovascular disease and other health problems. Conversely, cardiovascular patients with strong social support are more likely to live longer and spend less time in the hospital. Spending time with loved ones can also stimulate the release of oxytocin. Referred to as the ‘love hormone’, oxytocin can help reduce stress and general anxiety and plays a crucial role in promoting feelings of trust, empathy and bonding. Spending as much time as possible with friends and family can really help increase our oxytocin hormone levels.”

What does social connection look like?

It’s simply having someone to call if you need help, or someone to laugh and discuss problems with. So, the next time a friend asks you to have lunch, go shopping, or join a book club, consider it an investment in your heart health!

You’re never too young to put effort into keeping your heart healthy, especially as a resident of the UAE, where cardiovascular issues are more common among younger people! It can be easy to forget about it as a busy parent, but it really is important and sets a great lifestyle example for your little ones. Keep these three fundamental ideas in mind as you look at your habits, and remember that every little positive step makes a difference!



# AN INTRODUCTION TO MINDFULNESS FOR KIDS THIS SPRING BREAK

*The upcoming spring camp at Maple Bear Nursery is all about adventures in mindfulness for young minds. Let's take a look at how this supports your child's wellbeing.*



## WHAT'S INVOLVED?

The unique program will nurture mindful thinking and habits as kids explore nature, play games and learn techniques to stay present in the moment. There will still be lots of movement and music, both of which can be impactful tools for self-regulation. Join Maple Bear for this journey and give your child an opportunity to foster the skills he or she needs to better harness positivity.

## A FOUNDATION FOR WELLBEING

Presenting a camp program focused on mindfulness was a bit of a no-brainer, as the team at Maple Bear Gulf Schools puts it. Mental health is the foundation that supports all aspects of human development. It can influence

how we make friends and what choices we make when we have a setback or succeed at anything in life - be it at school, in the playground or at home. The program activities will be informed by insights from the ever-growing amount of research now at our disposal, with a deepened focus on mental and emotional wellbeing in early childhood development.

## THE IMPORTANCE OF MINDFULNESS

Today, more than ever, caregivers and educators are acutely aware of how early childhood experiences can strengthen or disrupt a child's emotional wellbeing. While there is much work to be done to truly heal and undo generational patterns, it is within reach to begin educating the youngest members of society about wellbeing as

early on as possible. Maple Bear nursery aims to do just this - by exposing kids to the kind of environments and experiences that nurture resilience and pro-social behaviour, helping little ones to develop a predisposition towards kindness and love, for themselves, our planet and everyone we share it with.

## READING RECOMMENDATIONS FOR MINDFULNESS

Here is a list of fun books chosen by Maple Bear teachers to encourage mindfulness and help kids recognise and understand their feelings, as well as foster good mindful habits, in a light way.

### Duck & Goose, How Are You Feeling?

Little ones adore the Duck & Goose picture book series characters. Using simple text and illustrations, the animals explain emotions to young readers in a way that they can understand.

### The Colour Monster

This book encourages children to open up and talk about their feelings, even if their thoughts are confusing.

### You Are a Lion!

This book is a great way to introduce your energetic little one to yoga. You Are a Lion! will assist you in guiding your kid with flexibility, focus, relaxation, and imaginative play.

### Listen Like An Elephant

Listen Like an Elephant is a fun and interactive way to help your child begin to create the building blocks of mindfulness.

Mindfulness is an important tool to arm your little one for the ups and downs of navigating their internal world and the social, emotional and physical challenges of life.



# PARENTING



How to help your child  
learn to write; the  
advantages of being  
bilingual and why all play  
is positive!





# PROMOTING POSITIVE SELF-TALK IN CHILDREN

*We examine ways to encourage good self-esteem and a healthy internal dialogue in your child with Kim Henderson, clinical psychologist at the German Neuroscience Center.*

There has probably never been a time when children have been subject to so much external judgement, especially tweens and teens. Whether it's endless academic evaluation, parental expectation, or social conformity (now turbo-charged by social media), growing up can feel like a hugely stressful time. As a result, children's self-esteem can be affected and this provides a unique set of challenges for parents, who want to create a positive and supportive environment for them to flourish.

## WHAT SHAPES SELF-ESTEEM?

Self-esteem is impacted by a range of different factors, including not just social circumstances but also health, personality type, age, life events and even genetics. It develops in early infancy, when the feeling of safety and acceptance is introduced, and is underlined by parents through praise and positive reinforcement as kids encounter new experiences and situations.

Once they start school, children are exposed to a new layer of scrutiny from peers and adults in an unfamiliar setting, all while learning and adapting to unfamiliar rules, both social, as well as institutional. This is where low self-esteem can manifest itself, and be compounded by negative messaging from teachers, friends, siblings and even parents. These negative messages then stay

with young people far longer than positivity or praise. Children and teens are like sponges and will absorb the messaging they receive, internalising it as their inner dialogue towards themselves. Unfortunately negative reinforcement, experiences, feelings and words make a much deeper and longer-lasting impression than positive ones, which are more easily forgotten.

Understanding these challenges and pressures, and the conflicting emotions they generate, is important for parents to help their children develop and maintain a strong sense of self-worth. Here are some tips to cultivate strong self-esteem in your children.

## SHOW EMPATHY

Children can be very hard on themselves for many reasons, particularly in terms of perceived academic or sporting failure in school. In these instances, it's important to show empathy. Try to become an emotion detective. Ask yourself "What emotions is my child showing me? Is it sadness, disappointment or frustration?" Then, validate that emotion. Use phrases like "I can see that you're frustrated with your spelling test. I know you were trying to get 10/10 this week."

Try to create a balance between acceptance and change, allowing children to accept what we cannot change and helping them build a





tolerance to distress. Then work on problem solving together. What, for instance, could we learn for next time?

### KNOW WHEN AND WHAT TO PRAISE

All parents want to praise their children. However, it's much less a question of how much we praise, and much more a question of what we are praising. A recent Stanford University study of toddlers proved that praising the effort, not the outcome, leads to greater motivation and a more positive attitude towards challenges. Therefore, building self-esteem isn't about saying everything your child does is perfect. Instead it's actually based on the skills they build for themselves. As an example, instead of saying, "What an amazing painting, you are such a brilliant artist", try something like "Wow, this painting is really creative, with such bright colours. Did you have fun painting it?"

### TEACH KIDS HOW TO WIN AND LOSE

At preschool and primary school age, giving children balanced feedback is key. In sport, for instance, try to show your child the value of joining in, regardless of whether they won or lost. Phrases such as "Did you enjoy running with your friends?" are a great way to frame these activities. If your child looks disappointed at not winning, say something like "Well done for running as fast as you could. I'm very proud of you. Let's go and say well done to Jake for winning".

Parents can actively test winning and losing by playing games with children at home. Encourage turn-taking, but also show how to play together as a team. It's important to make sure everyone has fun whatever the outcome, which gives your child confidence to model this in social situations without you.

### ENCOURAGE CHILDREN TO PURSUE THEIR INTERESTS

It doesn't matter what the task is, it can be anything from swimming laps to beating levels on a video game, but always encourage your child to set a goal for themselves in something that they enjoy. The point isn't the task itself, but for them to see a task through to the end so they feel that sense of accomplishment.

### EXTEND BOUNDARIES, SAFELY

Research suggests that self-esteem doesn't change significantly between the ages of 11 and 15, however, it increases rapidly after that - usually in line with greater personal autonomy, freedom to choose and the friendships kids make. Again, boundaries are needed for each, but safe option-giving is vital when teenagers are exploring different parts of their personality.

In “The Book You Wish Your Parents Had Read (And Your Children Will Be Glad That You Did)”, Phillippa Perry covers this topic beautifully. This book is a wonderful way for any mother (or father) looking for an emotionally intelligent way to connect with their children to learn more about how to do that.

## LOVE KIDS UNCONDITIONALLY

All parents do, but it's very important to make it clear to your kids that your love is unconditional. Let your child know that they are loved regardless of if they fail or succeed, while encouraging them to always try their best.

## LOVE YOURSELF TOO

All parents hope that their children will grow up with an abundance of resilience and high self-esteem to help them navigate the

bumps and bruises of life. However, adults who make negative comments about the way they look for example, can influence how children talk about themselves and how they view and feel about their own body. Research suggests that if we, as parents, feel unsure about our self-worth, we can turn to our children for a boost - demanding affirmations of love or praise or overreacting to feelings of rejection. It's an easy pattern to fall into if we are not mindful about our parenting and our own experiences as children.

## WHEN TO SEEK HELP

Every child and teenager will have low self-esteem at some point in their life but it's important we recognise the red flags and intervene if appropriate. In isolation, negative self-talk is natural and not a cause for concern but it can be evidence of low self-esteem, anxiety or depression etc. Look out for these signs:

- Negative self-talk that is persistent and pervasive
- Comments not based in reality: e.g. your daughter always gets good grades in her spelling test but she is convinced every time she will fail
- Negative self-image that impacts your child's relationships or schoolwork
- A change in your child's eating and/or sleeping patterns

If in any doubt, never be afraid to reach out to an expert for medical or psychological advice, be that your doctor or a child psychologist. One of the best things you can do to encourage your child to have positive self-talk and healthy self-esteem is to model this behaviour for them in yourself and your interactions together. It's never too late to change a pattern or improve these things. With time and consistency, you can help your child to move towards their happiest, most resilient self!



# WHY ANY PLAY IS THE RIGHT PLAY

*We look at the types of play and the positive effects they bring to young children.*



Nalini Maistry is an occupational therapist experienced in working with children. Here she gives her insight into why all types of play are good for little ones' learning. Jean Piaget, who was a Swiss psychologist known for his work in child development, explained that play is the work of children. Simply put, play is the most natural way for children to explore, learn and have fun.

## TYPES OF PLAY

As children develop and mature, their play skills move through different stages to support their language, communication, social and emotional development. It is important to note that each child develops at their own pace and not all children may exhibit the same type of play at the same age. Let's take a quick look at the various stages:

### Unoccupied play

Unoccupied play takes place from birth to 3 months. During this time, babies make many movements with their arms and legs and learn more about their body.

### Solitary play

Solitary Play is a form of playing that happens up to 2 years of age. At this stage, babies and toddlers will often play by themselves by giving themselves time to think and explore their environment and toys.

### Spectator or onlooker play

Spectator or onlooker play is a style of play associated with toddlers around the 2 year mark. Children will often observe



other children play but will not engage. They may use language to learn more about the play.

### Parallel play

Parallel play is a developmental stage that happens between 2 and 3 years olds. Here, young kids will often play alongside each other with similar toys but will not interact with each other directly.

### Associative play

Associative play is something that begins typically around 3-4 years old. Little ones play with each other, engage, talk, and trade toys.

### Cooperative play

Cooperative play takes place from 4 years old and above. Children engage with each other, take turns and work towards a common goal.

## WHY PLAY IS ESSENTIAL

Play builds up the cognitive, physical, social, and emotional well-being of kids. Through play, children learn about the world and themselves, and also pick up the skills they need for study, work and relating to others. Play allows children to experience physical, sensory, and cognitive experiences which build connections in their brain, allowing them to build up their confidence, learn new things, feel happiness and flourish. Give your children time and opportunity for play and you will see all of their capabilities!





# THE JOURNEY OF LEARNING TO WRITE

*The ability to write is one of the building blocks of your child's life. Learn how to guide your little one along this journey and look forward to reading their works of art!*

## PARENTING

### THE IMPORTANCE OF HANDWRITING

These days, where children are comfortable typing on a phone or tablet from a young age, it's more important than ever for them to develop the skill of handwriting. Learning to write opens up a whole world to your little one, and is essential for their education. Plus a handwritten message brings a much more personal touch than something typed out on a computer!

As your child learns to write, they will also be developing their reading and spelling skills - making the early years of school much more manageable. Kids will be able to use their newly acquired skill to jot down any thoughts, ideas or plans that they have. The freedom to be able to put pen to paper and write whatever they want is unmatched.

### LEARNING TO WRITE BY HAND

Learning handwriting is actually quite a lengthy and difficult process. There are so many different skills involved. For example, your little one's memory will be tested as they try to remember all of the different strokes and shapes they need to put together to spell out a word. Simply holding a pen comfortably is something that can take time to get used to.

Encouragement is vital in the initial stages. Any opportunity for your little one to practise their handwriting will help them to build their confidence. As they move from scribbles to form letters and words, cheer them on and let them make mistakes!

### WHAT IF MY CHILD IS LEFT-HANDED?

If your child happens to be left-handed, don't worry at all. It's better for them to write with whichever hand they prefer. Some issues may arise, such as their writing hand obscuring what they're writing as they move across the page. This can make it harder for them to know where in the word or sentence they are and what to write next. However, they will get used to it and they can turn the page at a slight angle so they can better see their own writing.

### DRAWING AND WRITING FOR TODDLERS

When children are around two years of age, you can expect them to begin to show an



interest in drawing and writing. At first it will be lots of scribbles, but remember that this is a great sign and a new stage of development. There are plenty of ways to help your little one get started.

### What medium to use?

Crayons and paper are some of the best tools to give your child at the first step of their writing journey. Chalk and a blackboard is another brilliant option, with much less waste as you can wipe the board clean once it's full and start again. A mixture of both is often best as your child will love to see some of their early drawings in pride of place on the refrigerator or in a family scrapbook.

### Keep it positive

Up to this point, they've probably been holding the crayon or chalk in their fist. If a crayon breaks, the smaller piece offers a great opportunity for your child to practise

holding it in their fingertips, like a pen. Any other activities that will strengthen their fingertip grip will eventually make holding a pen much easier. Keep this new hobby as light and fun as possible, and don't be afraid to get involved. You can draw objects for them to colour in, and vice versa. There are no rules, all that matters is that your child is happy and engaged.

### Challenges that build kids' skillset

As they progress, your child will move on from scribbles and start attempting to draw objects, animals and even a few letters. This requires more control of their crayon or chalk, so consider setting out some practice challenges that will help them advance. Drawing straight or curved lines is a fundamental aspect of writing and there are fun ways for your child to try this. For example, a paper maze where they have to draw a line from the entrance all the way to the goal is a really great method. You can also help them to learn to write their name - a very exciting milestone for any child!



## WRITING IN SCHOOL

Once your child starts going to school, they will begin practising handwriting in earnest. Alongside learning to spell common words, they'll be able to write these words for themselves. Further down the road, they'll focus on writing letters and words in a consistent size and evenly spaced apart. On average, it can take up to two years of school for children to grasp the basics of writing by hand. Beyond that, they'll be able to construct sentences and write about themselves and their interests. Putting in the groundwork in the preschool years will make the whole process a lot more straightforward and enjoyable.

## PRACTICE MAKES PERFECT

Learning in school is one thing but it's important to keep up the practice outside of school times too. This doesn't need to feel like work. It can be an entertaining activity, and can be squeezed into normal parts of the day.

## Writing for fun

One handy tip is to encourage children to write birthday cards and letters to their relatives. This will make them feel both important and grown-up as they let various

family members know all about their hobbies and what they've been up to. Make sure to help them make their way through each letter and word, and let them take their time. If there's a word that they're struggling with, perhaps write it out faintly in pencil and then your little one can trace over it themselves.

If an opportunity arises for your child to practise their handwriting, take it. If you're out walking on a beach, show them how to write their name in the sand with their finger. Similarly, they can lay out small stones to create big letters on the ground. It's all about having fun as they learn.

## The right environment and tools

For practising at home, try to provide your child with a comfortable place to write, with whatever tools they need close at hand. A flat, solid surface will help them to tackle tricky aspects of handwriting including consistent pressure on the page and writing in a straight line. Let them have fun with it and stay nearby to offer help and support should they need it. Soft grips or thicker pencils can make writing less of a strain on your child's fingers and handwriting workbooks offer lots of activities to practise writing in an engaging way.

## HANDWRITING DIFFICULTIES IN CHILDREN

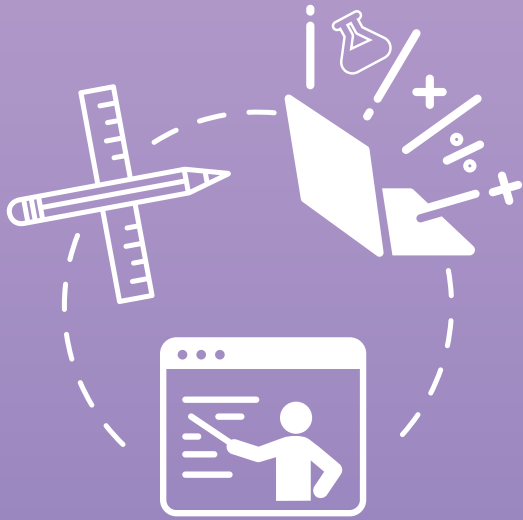
It's not unusual for children to have some difficulties when learning to write. Some may find it hard to create the shapes for each letter, to hold their pencil properly, or accidentally write the letters backwards. Concentration and focus can also be an issue, especially if your little one is finding the process hard. Their attention can wander and they might even get frustrated. If any problems persist, consider having a conversation with their teacher about what could help. If you're worried that your little one is finding it harder than normal to pay attention, or if they seem to be confusing different letters and struggling to read, consult their GP to see if there are any further resources that will help your child to reach their potential.

Handwriting is one of the building blocks of education and is essential for daily life. However, everyone learns at a different pace, so remember to let your child make mistakes and show them where they've gone wrong, while focusing on their achievements and celebrating their progress. Just wait until they write you a birthday card or a letter - it's sure to melt your heart!





# EDUCATION



Getting off to the right start during the early years at school; how the nursery environment can be a ‘third teacher’ and more!



## CREATING A LEARNING ENVIRONMENT WITH JUMEIRAH INTERNATIONAL NURSERIES

*Discover how the physical environments at Jumeirah International Nurseries (JINS) spark a love of learning, allowing children to explore, investigate and soar!*



The environment in a nursery or school setting can often be called the 'third teacher'. The idea is that the physical space in which learning takes place impacts the learning process and can be a powerful teaching tool. The importance of creating environments conducive to learning is that it helps children achieve their full potential.

## INNOVATIVE SPACES

Jumeirah International Nurseries uses its dynamic and engaging learning spaces at each of its 9 branches in Dubai, to ignite



a sense of curiosity, creativity and critical thinking skills in children.

The 'third teacher' concept, originating from the Reggio Emilia approach, has been embraced by JINS and other educational practitioners worldwide, as research shows that the physical environment plays a major role in a child's learning and development.

Creating spaces that serve as a 'third teacher' requires careful planning, design, and implementation by JINS' master educators, to ensure that each space is inviting and welcomes children to learn through play.

Factors such as lighting, colour, texture, layout and the incorporation of natural elements like plants, wood and water features, are some of the ways JINS creates exciting and engaging learning environments. JINS children are also an important part of the design and creation process as it allows them to feel a sense of ownership and connection to their learning space.

Providing children with various materials, such as loose parts, blocks and art supplies, is another way JINS encourages exploration and inspires children to think creatively.

## COLLABORATION AND SOCIAL INTERACTION

Another critical element of the environment as the 'third teacher' is creating spaces where

children can work together and engage in dialogue with their peers and adults, which supports collaboration and social interaction. It also fosters community and promotes social-emotional learning, communication and respect. Each JINS branch has flexible and adaptable learning environments to support various teaching and learning styles. Having movable furniture, modular shelving and walls, and other flexible design elements helps JINS to meet the needs of different learners and activities.

To support other areas of learning, such as literacy and numeracy, the environment as a 'third teacher' at JINS is created through a print-rich environment filled with books, labels and posters to develop children's reading and writing skills.

By intentionally designing the physical space and materials in a classroom or learning environment, JINS creates an engaging and effective learning experience for all children. Visit a JINS branch today, explore the "third teacher" for yourself and see what learning magic can happen.

***For more information, please visit [www.jinspire.com](http://www.jinspire.com). Book a tour or join a 'Stay and Play' session at one of the JINS branches located in The Greens, Al Safa, Downtown, JVT, Ghorroob, Villanova, Ibn Battuta Mall, JBR and Palm Jumeirah.***



# 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.

**Visit [www.ris.ae](http://www.ris.ae) today to start your Raha journey.**



# 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).*



# AN INTRODUCTION TO SOUTH VIEW SCHOOL

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

*“Every child deserves a champion - an adult who will never give up on them, who understands the power of connection, and insists that they become the best that they can possibly be.”*

Rita Pierson's quote is a superb starting point for defining the essence of South View School, an international, British curriculum school located in the heart of Dubai. We are devoted to developing remarkable, problem-solving leaders from FS1 through to Year 11, whilst enabling passionate teachers the flexibility, trust and support to build an environment of curiosity, investigation and exploration.

## FINDING EACH CHILD'S VOICE

From small beginnings, South View School has built, and continues to build its identity as a school that embraces the extraordinary, promoting the idea of “what if,” “you can” and “why not” in all children. Young people of all ages are listened to and encouraged to have a voice, whether that is through student councils or through one-to-one exchanges with peers and teachers.



## THE RIGHT MINDSET

The focus of the school centres on inquisitiveness, innovation, leadership and discovery, as well as appreciating and prioritising the power and strength of kindness to form positive relationships and a growth mindset. Students are encouraged to seek challenge, to reflect, further innovate, improve and blossom. This nurtures children who aren't afraid of failure or taking a “wrong” step, but view making mistakes as learning and growth opportunities that develop confidence and enable success.

## OPEN AND CURIOUS

Discovering talents, exploring new concepts and developing new perspectives are embraced and celebrated by all in our learning community. We are a progressive, reflective, motivated and kind school with a broad range of students who are tomorrow's leaders in training!

- South View School key points:
- UK National Curriculum
- Highly pedigree, qualified and experienced leadership and academic team
- Engaging, inquiry-based, student-led learning
- Education for students aged 3-18 years
- Over 1200 students, with 77+ nationalities represented
- Excellent sports, art, STEAM, performing arts and technology facilities
- A vibrant modern languages programme
- 100+ ECAs

Admissions are open for the 2023-2024 academic year, from FS1 to Year 12\* (pending KHDA approval) and we are waiting to welcome you to the Southview family!

**To learn more, please visit [www.southviewschool.com](http://www.southviewschool.com), email [info@southview.ae](mailto:info@southview.ae) or call us on +971 4 589 7904.**





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# PREPARING YOUR CHILD TO START SCHOOL

*At Durham School, we understand that starting school is a momentous milestone in a child's life, and we want to ensure that every child has the best start to their educational journey.*



We strive to provide a nurturing and supportive environment that fosters a love of learning, creativity and personal growth. We believe that by providing strong foundations in the Early Years, we can set children up for lifelong success and help them accomplish their full potential. Here are some tips on how to prepare your child to start school.

### TALK ABOUT SCHOOL

Books about starting school are a valuable resource to support your child's understanding of what to expect from the school day. This will enable you to discuss daily routines and what they can look forward to whilst at school. Encourage your child to ask questions and address any concerns they may have, as this can help alleviate any anxiety and make your child feel more comfortable about starting school.

### PRACTICE SOCIAL SKILLS

Encourage your child to practise social skills, such as sharing, taking turns and making friends. These skills are essential for success in the classroom and can help your child develop meaningful relationships with their peers.

### ESTABLISH ROUTINES

Ensure you practice daily routines with your child before they start school, as this will help them adjust to a new timetable. Practice waking up earlier, getting dressed by themselves and eating breakfast at the same time every day!

### DEVELOP SELF-HELP SKILLS

Teach your child basic self-help skills, such as tying their shoes, using the bathroom, and washing their hands. These skills are essential for their independence and can help them feel more confident in their abilities.

### EFFECTIVE TRANSITIONS FROM EYFS TO KS1

Transitioning from the Early Years Foundation Stage (EYFS) to Year 1 can be a significant change for young children. It is a time when children move from play-based learning to a more formal



curriculum. This transition can be challenging, but with the right support, effective planning and management, it can be a smooth and successful experience for children.

To ensure a successful transition at Durham School Dubai, we implement a range of strategies to support your child's academic, social and emotional development. These include familiarisation visits to Year One classrooms, with opportunities for children to meet their new teachers and ask any questions they may have. During the transition stage, teachers will provide your child with activities that help them develop the skills they

need to thrive in a more structured environment. We also continue to build on the strong foundation of the EYFS curriculum by delivering learning activities that challenge and engage your child while promoting their independence and self-confidence.

Our experienced and dedicated staff will work closely with you to ensure that your child receives the individualised support they need to succeed and we will work together to ensure your child has the best and most successful journey throughout their school years.

We look forward to welcoming you to Durham School Dubai.



# SCHOOL & FAMILY BREAKS



An eco-friendly cabin retreat; quick getaway ideas for spring break and a tropical escape to Zanzibar!



## A TROPICAL ISLAND SANCTUARY IN ZANZIBAR

*Looking for a once-in-a-lifetime, cross-off-the-bucket-list tropical family holiday? Check out Emerald Zanzibar Resort & Spa, the perfect place for a luxurious retreat with your loved ones!*





You and your loved ones can look forward to gourmet dining, luxury international wines and other drinks, access to unlimited non-motorised water sports activities, a five star diving centre, and the Emerald Spa, which offers relaxing Thai and Balinese treatments. The resort is also home to a spacious sports centre and the biggest kids club in Zanzibar.

## FLAVOURS OF THE WORLD

A world of flavour awaits your family, with four international restaurants, four bars and a tasty Gelateria! At the resort's main all-day restaurant, Aqua, international cuisine is served from sunrise to sunset, while the Beach Club serves lunch on the sand, for a relaxed dining experience overlooking the Indian Ocean. From South American fare at Carnivorous, to classic Asian dishes at Le Asiatique Restaurant, one of the great indulgences at Emerald Zanzibar is the variety of dining choices for your loved ones to enjoy.

## THE DOLPHIN KIDS CLUB

The resort pays special attention to keeping all the family happy. Whilst parents explore the Zanzibarian environment, children between 3 and 12 years can enjoy indoor and outdoor fun, creative and educational activities, under the careful guidance of the multilingual team at The Dolphin Kids Club.

## THE DELIGHTS OF THE SEA

The luxury all-inclusive formula allows your family to make the most of the countless activities on offer, both on water and land. Muyuni's fully-equipped Water Sports Centre



is the go-to destination for adventure-seekers looking for an adrenaline boost. You and your loved ones can try kayaking and windsurfing, or discovering the delights of the sea. At the centre, trained divers are on hand to guide family members of all abilities to spot schools of colourful tropical reef fish. From nesting green turtles and bottlenose dolphins, to bannerfish, anthias and powder blue tangs, the underwater landscape of the Indian Ocean is on the resort's doorstep.

If you're searching for a deluxe all-inclusive resort experience in 2023, in a stunning setting, where you and your children can truly unwind and build lifelong memories together, the Emerald Zanzibar Resort & Spa could be just what you're looking for.

*For bookings and reservations, please visit [www.emerald-zanzibar.com](http://www.emerald-zanzibar.com).*

Perched between the coastline and acres of tropical jungle, the new resort from The Emerald Collection is a celebration of Tanzania's tropical landscape and cultural heritage. Located on the shores of a turquoise lagoon with direct access to azure waters, it is surrounded by an oval reef which has been declared a precious marine conservation area. The resort is cocooned within 10 hectares of land that slope down towards the sea, effortlessly blending an exotic natural environment with contemporary elegance. So if you're looking for a truly special vacation this year, this breathtaking destination could be your family's next slice of paradise!

## A DELUXE ALL-INCLUSIVE FORMULA AWAITS

Families holidaying at Emerald Zanzibar experience an elevated take on an all-inclusive stay, thanks to the brand's signature 'Deluxe All-Inclusive Formula'.

# GET BACK TO NATURE WITH TERRA CABINS

*Escape the bustle of the city and step into serenity with your family at this brand-new sustainable staycation destination.*



Set among the rugged mountains of eastern United Arab Emirates, Terra Cabins at JA Hatta Fort Hotel are a newly launched exciting holiday option, built with a minimal carbon footprint and a sustainable future in mind. From this month, you can book in for a stay at these special cabins, which offer a unique opportunity to reconnect with nature and explore Hatta's inherent beauty.

## ALIGN WITH NATURE

The alternative accommodation makes for a different and much more sustainable kind of experience. With striking exteriors and cosy interiors, the cabins have been cleverly constructed to provide a hotel-like experience in a low impact, eco-friendly fashion. The cabins' infrastructure allows for the regulation of air conditioning temperature control, while an insulation layer underneath the roof helps to maintain the indoor climate. Using a combination of natural pine wood treated with dusk-grey wash, the façades of the cabins have been carefully created to blend in with the surrounding Al Hajar mountains, helping your family to feel at one with the natural world.

## OPTIONS FOR EVERYONE

While Terra Cabins deliver on the environmental front, they also have plenty to offer you and your loved ones in terms of pleasure and



comfort. The airy cabins welcome natural daylight, with windows that give way to stunning alpine views that will take your breath away. Kids and parents alike will also enjoy the mini-bar, the walk-in rain shower, an on-demand multimedia projector and the quirky alcove seating area.

You can choose between the regular Terra Cabins, which accommodate up to four guests and include a bunk bed and double bed, and the Deluxe Terra Cabins, which accommodate up to six guests and include two bunk beds, a double pull-out bed and a dedicated patio area where you can relax and your little ones can play.

## SERENITY AND SCENERY

Perfect for families, couples and even friend groups, the cabins provide a tranquil and unusual spot to unwind and enjoy Hatta's breathtaking scenery and abundance of adventure offerings. The resort also offers dog-friendly cabins, so your household can bring furry friends along! The surroundings are spacious and safe - ideal for dog walking and games of fetch, or for families with younger children.

## MAKE MEMORIES TOGETHER

Terra Cabins provide all the seclusion and privacy your family could need for a peaceful retreat, yet all the facilities at JA Hatta Fort Hotel will be available during your trip, including 24-hour in-room dining services, specialty restaurants and a variety of leisure and recreational activities - what could be better?

You'll have no shortage of fun activities to choose from, as the mountains around Terra Cabins are perfect for hiking, biking and jogging. Renamed as the 'Highlands of Dubai', Hatta is the ideal setting for some exciting outdoor adventures. From kayaking across the Hatta Dam, to archery and air gun shooting, a stay at Terra Cabins promises to be memorable - a place where you can create unique experiences together as a family.

*For more information, please visit: [www.jaresortshotels.com/dubai/ja-hatta-fort-hotel/ja-hatta-terra-cabins](http://www.jaresortshotels.com/dubai/ja-hatta-fort-hotel/ja-hatta-terra-cabins).*



# LUXURY WEEKEND GETAWAY IDEAS FOR SPRING BREAK

*With spring break coming up, it's a great time to plan a short holiday or weekend getaway! Here are three ideas for a quick trip that will leave your family refreshed and feeling good.*

From top hospitality in the heart of Kuwait City, to Arabian luxury in Qatar, or a fun-filled staycation under the Dubai sun, these hotels promise a memorable experience for families in need of a revitalising time-out from their daily routines.

## RELAX IN THE HEART OF KUWAIT CITY



Located in the heart of Kuwait City, the Waldorf Astoria Kuwait provides your family with convenient access to popular local attractions such as the Kuwait Opera House, Sheikh Jaber

Al-Ahmad Cultural Centre and the Grand Mosque. Just a short drive from the airport, the Waldorf Astoria Kuwait is a lovely choice for households who want luxury, world-class hospitality and exquisite dining - and of course, to enjoy the beauty of Kuwait.

Kids and parents alike will relish the tasty dining options available, ranging from formal dining and outdoor cabana dinners, to poolside refreshments or in-room service if your family prefers. In addition to its remarkable culinary offerings, the hotel has great amenities, such as the Waldorf Astoria Spa and The Ikaros Club, which offer you and your loved ones an escape from the bustle and stress of everyday life.

*For more information and reservations, please visit:*  
[www.hilton.com/en/hotels/kwiwawa-waldorf-astoria-kuwait](http://www.hilton.com/en/hotels/kwiwawa-waldorf-astoria-kuwait).

## UNWIND IN ARABIAN LUXURY AT THE CHEDI KATARA

The Chedi Katara Hotel & Resort offers luxury boutique hospitality in Qatar. It is conveniently situated in the heart of Katara Cultural Village, only a half hour drive from Hamad International Airport. The location allows families to experience the cultural attractions of Doha, while also taking advantage of the proximity of the hotel to a variety of entertainment venues. Theatres, concert halls, art galleries, mosques, restaurants, shops and an open-air amphitheatre are just a short walk away from the hotel.



At the Chedi Katara, you can enjoy an abundance of exceptional culinary delights and personalised, attentive service to leave everyone feeling well cared for and happy. The hotel overlooks

the glistening Arabian Sea and has 59 opulent rooms and suites, as well as 32 state-of-the-art private villas. This modern architectural landmark provides breathtaking panoramic views of a captivating private beach, which is perfect for parents and kids who want to explore and experience the beauty of Doha.

*For more information and reservations, please visit:*  
[www.ghmhotels.com/en/katara](http://www.ghmhotels.com/en/katara).

## EXPERIENCE A FUN-FILLED FAMILY STAYCATION HERE IN DUBAI



For families looking for a quick trip that includes a variety of fun-filled activities suitable for all ages, One&Only Royal Mirage is a convenient and refreshing place to spend quality time with your loved ones. The

resort rests on a private beach with a stunning view of The Palm, and is nestled amid 65 acres of lush gardens. With two temperature-controlled pools, private gazebos and shaded sun lounges, this hotel combines traditional Arabian hospitality with the modern and striking backdrop of the Dubai Marina skyline, seamlessly blending the traditional with the contemporary, for a weekend getaway that will leave you renewed and ready for the season ahead.

*For more information and reservations, please visit:*  
[www.oneandonlyresorts.com/royal-mirage](http://www.oneandonlyresorts.com/royal-mirage).



# HOME & GARDEN



Ideas for refreshing  
your little one's  
nursery space and how  
to bring nature into  
your interior design  
this spring!

## BRINGING NATURE INDOORS: COLOUR TRENDS FOR SPRING

*We look at how interior wall colours for the coming season are inspired by the great outdoors, allowing you to embrace the calming hues of Mother Earth.*

Nature has long been a source of inspiration for colour palettes and interior design, and it continues to provide us with endless ideas. From blossoming flowers to raging oceans, serene sunsets to snow-capped mountains, the outdoor environment presents a plethora of hues, filled with harmonious colour combinations that evoke feelings of calm, clarity and groundedness.

### THE 'STORIES' COLLECTION

One of the most wonderful things about nature is its wild beauty. There is nothing uniform about the magnificence of nature - it's unpredictable and often produces stunning displays of colour in the most unexpected ways. Jotun's 'Stories' colour collection presents numerous nature-inspired shades for homes to welcome in the outdoors under the theme of 'Naturally Grounded'. Let's take a look.



## Herb Garden

A fresh and invigorating green for an uplifting feeling of space, this lively tone lifts the mood with its peaceful appeal. Mimicking the new life abundant in herb gardens, it works especially well when blended into a room with traditional furniture and when offset by clear statement pieces.

**Jotun Colour Code: 8183**

## Mediterranean Olive

A golden touch that imbues spaces with natural warmth, this Mediterranean-inspired hue portrays the welcoming embrace of olive trees and casual coastal elegance. When paired with natural light from windows and darker-coloured ornaments, it creates a graceful experience of undisturbed balance.

**Jotun Colour Code: 1109**



## Rustic Brown

Truly timeless and endlessly versatile, this rustic earthy tone is an ode to the rugged colours of rocks, stones and other natural materials that make the foundation of our homes. Displaying robust sophistication, it combines well with neutral-coloured decor and natural wood tones on accent furniture and accessories.

**Jotun Colour Code: 11012**



## Soft

A golden, light-toned neutral colour, this muted shade is influenced by natural light and gentle illumination, making for a soft ambience. The soothing calmness it emanates is ideal for areas of activity, like kitchens and office spaces, and matches with furniture and accessories featuring curved shapes and earthy pigments.

**Jotun Colour Code: 1276**



## Natural Green

A forest-inspired shade with a calming, grounding effect, this hue reflects the serene essence of woodlands and their ability to instil tranquil feelings. This colour works well with wooden interiors and other nature-inspired decor featuring pastel tones, such as plants and their vases.

**Jotun Colour Code: 8575**



## TRUST IN NATURE

When it comes to choosing colours for different spaces within our homes, nature knows best. Drawing from the breath-taking variety of tones and colours in the natural world, you can decorate your space in such a way that invites the outdoors in. With spring in mind, these gentle, earthy tones carry a sense of serenity and tranquillity into your home, ensuring that any stresses of the busy, modern world are kept at bay.



There's no space quite like a baby's nursery. It's a place that is filled with happiness and exciting times but should also be functional and fit for purpose. This spring, Pottery Barn Kids, the leading and sustainable home retailer for children, is here to provide ideas that will inspire the design and decoration of your baby's space, in line with the freshness of spring, and your family's tastes.

## REFRESH YOUR BABY'S NURSERY WITH POTTERY BARN KIDS

*From chic accessories to furniture statement pieces, create a vibrant space this spring for your little one, with the region's much-loved décor label.*

### SPRING HAS SPRUNG

A new season is always a great time to get creative and refresh your little one's spaces, one piece at a time. From nursery furniture, to seasonal decorations and soft furnishings, spring provides a much needed breath of fresh air after the dreary winter months! This issue, we're turning to Pottery Barn Kids for inspiration, known for its stylish and child-friendly furniture, decorative accessories, classic toys and nursery essentials. Pottery Barn was founded on the idea that home furnishings should be exceptional in quality, design and value. All its stores reflect this ethos and are organised according to lifestyle displays, designed to make your shopping easy, inspiring and enjoyable. Pottery Barn exemplifies casual comfort and style, backed by premium quality and excellent service, meaning your family will have no trouble finding everything needed to make your baby's space as good as it can be!



## Choosing the right crib

The crib you choose for your child plays a big role in your nursery decor right from the start. With the wide range of crib styles available, you can focus on finding the look you like and getting the features you want.

We recommend the Bellevue crib as it offers enduring beauty and a timeless feel in the nursery. It easily transitions from a crib to a toddler bed for a comfortable sleep space as your child grows and is GREENGUARD Gold Certified to contribute to healthier indoor air. An all-round dependable, stylish and useful piece to invest in, that will serve your baby as they grow.

## A good seat makes all the difference

Since soothing a newborn can be a full-time job, it's important to create a cosy space in the nursery to be with your baby. If you have the space, seating in a nursery can provide both parents and children a place to perch, whether it's for nursing, reading or playing. The Paxton Recliner is a brilliant choice. It's carefully crafted from solid, sturdy pinewood for durability, to make for a safe, stylish and modern addition to any nursery. The convenient swivel feature gently and noiselessly helps you rock your baby to sleep, while the reclining mechanisms are thoughtfully within easy reach so you can comfortably sit back and relax.

## The power of storage

Ample storage is a gift you will treasure more with each passing year, as your baby - and your baby's wardrobe - grows. Keeping functionality in mind, the chic Mila Dresser and Topper Set serves as both a storage solution and a changing table. Designed with artful curves and lathe-turned legs, this piece has three spacious drawers to store your little one's wardrobe. As your child gets older, the cushioned topper comes off to create a stand-alone dresser. Most importantly, it's constructed from made-to-last materials that ensure stability and longevity. A quality piece that will be useful for your little one for a long time!

## Soft furnishings for colour

Baby quilts are a simple, easy way to add style and colour to your child's crib and nursery space. While really young kids aren't ready to sleep with a quilt yet, many toddlers appreciate the comfort that a quilt can provide. From lightweight, spring-ready designs to heavier quilts for those that feel the cold, Pottery Barn has a wide range of styles for the season ahead. Add style, colour and warmth to your child's crib with a new quilt from their colourful collection.

## QUALITY AND SAFETY STANDARDS

Pottery Barn Kids' pieces are organically and sustainably sourced, made from cotton that has been grown without harmful chemicals and pesticides, leaving your child's nursery healthier, while keeping the planet safe.



Each piece from the Pottery Barn Kids collections, are GREENGUARD Gold Certified, where they are screened for more than 10,000 chemicals and VOCs that are commonly known to pollute indoor air, so you can rest easy, knowing you're keeping your little one's space safe. The brand upholds the highest safety standards, bringing quality design, sustainability and security into every family's home with products that have been meticulously tested to keep your little one happy and safe.

## DESIGN EXPERTISE JUST FOR YOU

Pottery Barn Kids offers complimentary design services that allow you to further personalise your spaces, with the assistance of the specially trained Design Crew team. Virtually, in-store, or at home, their design experts will help you add your unique interior design stamp on your baby's nursery.

Visit [www.potterybarn.ae/en](http://www.potterybarn.ae/en) or head to any of the stores across the GCC and have fun refreshing your baby's space this season with Pottery Barn Kids' unique offerings.

# GOOD LIVING



The best gifts for  
Mother's Day; a  
welcoming ambience  
for Ramadan and some  
exciting competitions!



## CREATING A SPECIAL AMBIENCE FOR RAMADAN

*Behind every Ramadan story is a welcoming home filled with family, friends, warmth and togetherness. We look at how Pan Emirates' specially curated Ramadan collection can help create an inviting atmosphere this season.*



Ramadan is a time of joy and celebration, bringing families and friends closer to each other sharing beautiful memories. To make Ramadan and Eid extra special for your guests, Pan Emirates has launched a celebration of traditional and modern designs for the Holy Month, with a new collection featuring a range of stylish and affordable home decor items - perfect for creating a memorable and meaningful Ramadan experience with your loved ones.

### A WELCOMING AIR

The collection celebrates the UAE's rich cultural traditions with heritage-inspired details, while incorporating contemporary design elements, like sleek finishes and clean lines. Pan Emirates understands the

importance of creating a warm and inviting atmosphere during the Holy Month, and this range does just that. Whether you enjoy festive vibrance or prefer to take inspiration from a calmer aesthetic, the extensive range of products allows you to add texture and colour to your majlis, uplift your iftar table and create a welcoming ambience in your home this Ramadan, with a wide variety of rustic coffee tables, colourful rugs, statement accessories and more.

### WARMTH AND GROUNDEDNESS

Pan Emirates' Rustic Collection is about connecting to your roots and staying grounded. It's the elegance of simplicity and a down-to-earth aesthetic that's homely, warm and welcoming. The Cayden 10-seater dining table is a lovely way to signify that your evening meal is a very special time with family - with its warm organic texture and generous seating, there is always room for one more at the iftar table.

### THE PRESERVATION OF TRADITIONS

Influenced by nature and perfected by design, The Mahama Collection is all about natural textures and features handcrafted designs from reclaimed jute. Each piece is expertly made by experienced craftsmen and is a story about the preservation of traditions.

### PATIENCE AND PERSEVERANCE

Pan Emirates' Lockwood Collection is a subtle balance of classic and rustic designs. Crafted from mango wood, the collection stands out with its rich natural tones and



bold, beautifully sculpted design elements. Hand finished, each piece is imbued with the values of patience and perseverance.

### A SENSE OF CELEBRATION

The living room is the area that provides the majority of memories with your guests for any occasion. Add a bit of a sense of celebration to these areas with the Glam Collection, where simplicity meets luxury. The brushed gold accents, soft velvet fabrics and natural marbles of the Normandy Sofa add a subtle pop of colour to your home, setting the scene beautifully for guests to enjoy your hospitality.

### THE OLD AND THE NEW

Every family's Ramadan celebration is unique, each embracing new and old traditions. As many traditions evolve over time, so do our homes. Pan Emirates' in Modern Collection helps create a serene and welcoming vibe in your home all through the Holy Month...and beyond! The clean lines and modern aesthetics bring an understated groundedness to your space, making for a lovely family atmosphere as you spend time at home over Ramadan.

*Shop the Ramadan Collection in stores or at [www.panemirates.com](http://www.panemirates.com).*





## MOTHER'S DAY GIFT GUIDE

*Here are some thoughtful gift idea picks for Mother's Day, whether you're buying for a friend, a sister, an auntie, your mama or yourself!*

### TREAT MUMS TO TIMELESS ELEGANCE WITH LOOTAH

Don't get me started on how much I love a spritz of perfume to help me feel refined, refreshed and ready for the day ahead. Mums everywhere feel at their best when they're most confident, so a simple spray of a beautiful perfume can be an act of self-love! That's why my top pick for Mother's Day (and International Women's Day!) is the Classic Collection from Lootah Perfumes. It's a line of timeless fragrances that pay homage to the rich heritage and culture of the Middle East while capturing the elegance and sophistication of traditional perfumery. With a variety of options, there is a fragrance here for every woman!

Each scent in the Classic Collection has been carefully crafted using high quality ingredients. Whether you're looking for a signature scent to treat yourself to or an indulgent gift for your mum, auntie, sister or friend, the Classic Collection has something to suit every taste. Featuring nine unique scents - Jiwan, Yoland, Palomino, Suave, Mabe, Immerse, Luminous, Reminisce and Rival - each fragrance comes in a sleek and sophisticated bottle that adds a touch of luxury and elegance to your favourite woman's daily routine.

### THE GIFT OF BEAUTIFUL ACTIVEWEAR WITH MAEYA

As Mother's Day approaches, I'm usually on a quest to find the perfect gift and I know my mum loves things that are more personal

than generic flowers and chocolates. I want to highlight the Dubai-based luxury activewear brand, Maeya, as their latest collection is designed for women who value both style and function - the perfect gift for energetic mothers who like to exercise! The new collection features two stunning new prints - Pink Confetti and Dappled Blue, new fabrics and four different styles. These can be mixed and matched to create fun, playful, unique and comfortable looks for mums who love fitness and want to feel a little bit special.

**Shop the collection online at**  
**[www.maeyaclothing.com/collections/new](http://www.maeyaclothing.com/collections/new)**

### A SWEET WAY TO SAY HAPPY MOTHERS' DAY

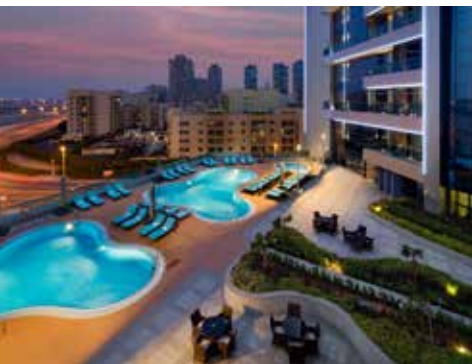
What sweeter way to show your mum you cherish her than with a Magnolia Bakery dessert? You can treat your mother (or yourself!) to a little piece of heaven, with the brand new Magnolia Bakery direct delivery service. Choose from a plethora of freshly baked desserts including cupcakes, pies, cheesecakes, cookies and the signature banana pudding, and send it straight to your mum's location anywhere in the UAE, at no extra charge. Convenient, quick and fresh, this is a lovely way to show you care on Mother's Day.

**To order, WhatsApp 052 1000 430, and for more details, follow @magnoliabakeryuae on Instagram.**

# COMPETITIONS

motherbabychild.com/competitions

## WIN! A STAYCATION AT MILLENNIUM PLACE BARSHA HEIGHTS WORTH AED 2000



Enjoy a fantastic staycation at Millennium Place Barsha Heights Hotel, promising a memorable experience for both couples and families. Located in the heart of the bustling Barsha Heights neighbourhood, the hotel offers a variety of amenities and activities for all ages. Families can enjoy spacious and modern rooms, complimentary wi-fi, and stunning city

views of the Dubai skyline from their balconies. The hotel also features an outdoor temperature-controlled swimming pool, a range of dining options to keep all family members happy, as well as a kid's club, ensuring fun for everyone. With easy access to nearby attractions like Dubai Miracle Garden, Mall of the Emirates, and Jumeirah Beach, Millennium Place Barsha Heights is the perfect staycation destination in Dubai.

## WIN! A BREAKFAST FOR TWO AT YAMANOTE MIRDIF HILLS, WORTH AED 500



This month, Yamanote is offering you the chance to win a complimentary breakfast for two people at its brand-new location, in Mirdif Hills! Enjoy Yamanote's stunning outdoor area and picturesque views at the newly opened

branch, while sipping specialty coffees and enjoying breakfast favourites, including their tasty Avocado Toast, Egg Cube, Eggs Benedict or French Toast. And don't forget to indulge your taste buds with Yamanote's freshly made croissants. With options like the Yamanote Croissant, Everything Croissant, Rose Croissant and Almond Croissant, you are sure to find something you love!

## WIN! 'ZOOKEEPER EXPERIENCE' DAY PASSES AT THE GREEN PLANET, WORTH AED 2460



Do you dream of being a zookeeper? Here's the ticket to making your dreams come true! Three lucky winners will have the chance to become a 'zookeeper' for the day and to experience an

adventure of a lifetime! The zookeeper experience offers the opportunity to get up close and personal with some of The Green Planet's most fascinating wildlife by shadowing a biologist for the day. From observing the thrilling frenzy that is feeding time for piranhas, to exploring the region's only bat cave, The Green Planet is home to so many incredible experiences that transport you to the deepest tropical jungle. For the true animal lover, there is also the priceless opportunity to talk with a biologist about future career options. With two tickets going to each winner, take a friend along for a day that you'll never forget!

## WIN! AN OWLET CAM, WORTH AED 799



The Owlet Cam provides you with complete peace of mind, giving you the ability to see and hear your baby clearly on your smartphone from anywhere, through a secure, encrypted connection.

Featuring HD 1080p video with night vision and two-way audio, you can easily be made aware of when your baby needs you, with sound and motion notifications. With a 130 degree wide-angle, 4x digital zoom and a room temperature sensor, you'll be able to check in with your baby's environment from wherever you are. Using the Cam's background audio, you can even listen in on your little one while busy elsewhere.

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



## WIN! A ONE-NIGHT STAY AT INTERCITYHOTEL JADDAF WATERFRONT, WORTH AED 600

IntercityHotel Jaddaf Waterfront is a new hotel that offers 138 modern rooms, with floor-to-ceiling windows that provide breath-taking views of Dubai Creek and Jaddaf Waterfront Canal. Guests can enjoy amenities such as mini-refrigerators, coffee and tea-making facilities, and 40-inch Smart TVs. The hotel features three dining areas, a rooftop outdoor pool, a rooftop gym and accessible rooms. For this competition, the hotel is giving away a one-night stay, including breakfast and dinner for two adults and one child. The lucky winner will be provided with a superior room for their stay and will be able to dine at the Dining Room. Perfect for a luxurious getaway!

## WIN! A ONE-NIGHT STAY AT CENTARA MIRAGE BEACH RESORT, WORTH AED 1850



Explore a world of wonder and awe at Centara Mirage Beach Resort Dubai, a themed destination resort on a prime stretch of the Dubai Islands waterfront, inspired by mythical Thai and Arabian adventures.

Designed with family fun in mind, Centara Mirage Beach Resort Dubai features 607 expansive rooms and suites, offering a choice of stunning city or sea views and an option for bunk beds. Along with two impressive beachfront swimming pools, an activity obstacle pool and waterslides, the resort also houses three age-specific Kids' Clubs, Candy Spa by SPA Cenvaree - a candy-themed kids' spa, an outdoor playground, a fully equipped fitness centre, a variety of water sports and more. This promises to be a chance to relax for the adults, and an action packed adventure for little ones!



## WIN! A PRIVATE BOAT RIDE WITH CHA CHA BOATS, WORTH AED 630

Looking to cruise through Dubai with a leisurely boat ride? One lucky winner will get a chance to enjoy a private 90-minute boat ride at Al Seef with Cha Cha Boats. Enjoy a first-hand tour revealing the secrets of the city and learn about the history of UAE, including the origins of Dubai trade, culture and pearl fishing. Explore Al Seef and admire the sights of old fort houses and modern architecture. Bask in the sun as you get a glimpse of Al Shindagha Historic District, Infinity Bridge, the original Abra boats and iconic large Dhow ships. See the city from a unique angle on this fantastic private boat ride!

**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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