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Mother Baby & child

EDITOR'S IFTAR GUIDE

IDEAS TO CELEBRATE
EID IN STYLE!

SENSORY
PROCESSING AND
YOUR CHILD

TOP TIPS TO TACKLE
HAY FEVER

MOTHERS'
WELLBEING EVENT
REPORT

THE RAMADAN ISSUE



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EDITOR'S LETTER



Hello Mum!

This is the month of Eid-al-Fitr and I want to take this opportunity to wish you and your family a joyful celebration, no matter which way you decide to mark the occasion!

As with any family occasion, mothers play a huge role in helping it all to happen, but it's also important to take pause and remember your own wellbeing too. During March, we held a very special event to help support mums with this, discussing what wellbeing means to mothers, the importance of sleep, the right tools and a support network. The event was a safe space for mums to open up and air their thoughts, listen to the wisdom of experts and ask questions. Read all about it on page 18!

With families in mind, I've included a 5-page Ramadan guide filled with delicious Iftar and Suhoor options, amazing markets, educational experiences and more. Check it out on page 9 for great ideas for adults and children alike.

I'd love you to draw your attention to a pair of interesting articles all about sensory processing and children. The first is an introduction to the concept and how it works with occupational therapist Nalini Maistry (page 27) and the second piece dives into how sensory processing disorder affects children, what the signs are and what parents can do about it (page 28).

We discuss some brilliant Eid staycation ideas and trips abroad on page 35, from luxury resorts in Cyprus to the bustling energy of Istanbul. Make sure to read it to get some celebration inspiration for this special occasion!

Elsewhere, we dive into the secrets of interior design on page 40 and on page 24, we look at the immense benefits to raising a bilingual family. From enhancing little ones' memories to promoting cross-cultural understanding, the positive effects of growing up with two languages can't be overstated.

You know by now that I don't like to spill all of this issue's secrets here, but instead I'll leave you to discover the magazine for yourself! My parting advice is to enter our fantastic competitions, because you never know - this could be your lucky month to win!

Take care and see you soon!

Ella

Editor

Mother, Baby & Child Magazine

CONTENTS



Editor's Letter 03

THINGS TO DO 08

A Selection Of Our Favourite Things To Do This Month! 09

WELLBEING 14

Tips To Tackle Hayfever 15

How To Tell If Your Child Needs Glasses 16

Event Report: Mothers' Wellbeing 18

PARENTING 22

A Glimpse Into Sibling Dynamics With A Neurodivergent Child 23

The Benefits Of Raising Bilingual Kids 24

Under The Mango Tree: A Story To Help With Pet Loss 26

An Introduction To Sensory Processing 27

How Sensory Processing Disorder Affects Children 28

Editor's — PICK —

A NEW WAY TO CARE FOR YOUR HOME AND THE PLANET

With sustainability in mind, I'm excited to tell you about the new eco-friendly home care product range from Rooted Regimen. The homegrown brand offers 100% plant and mineral-based products and was created with the mission to provide a clean-living solution that is safe and affordable for every family, whilst also being environmentally conscious.

The Complete Starter Kit is priced at AED 299 and includes five refillable bottles that are phthalate-free, BPA-free, and recyclable, 1L of All-In-One Concentrate and 1kg of Bio Boost. All-In-One Concentrate is a 100% plant and mineral-based multipurpose cleaning concentrate and one litre is enough to make up twelve bottles of cleaner! The clever Bio Boost powder can be added to boost the removal of the most stubborn dirt, stains and grease in your home.

The starter kit replaces all your conventional home cleaning products, from laundry to dishes, floor cleaning and everything in between. So check out Rooted Regimen for an environmentally-conscious solution to all your home care needs!

*For more information and to shop
Rooted Regimen's latest products visit
www.rootedregimen.com*





Follow children into the future

"The real asset of any advanced nation is its people – especially the educated ones – and the prosperity and success of the people are measured by the standard of their education"

Sheikh Zayed bin Sultan Al Nahyan, Founding Father of the UAE

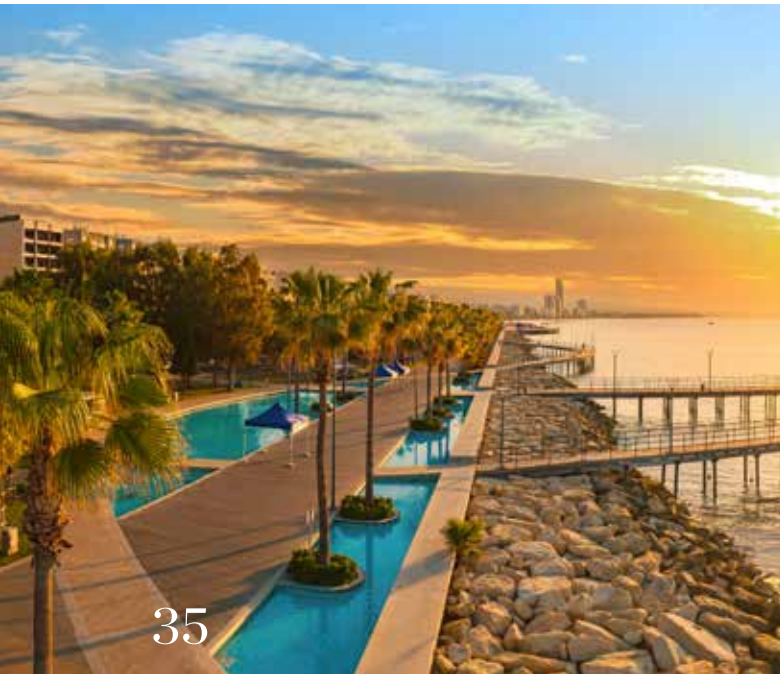


Ora After School Club (3 to 5 year olds)

- Extend the learning and fun throughout the day.
- Our program is designed to keep children curious and active with hands-on workshops.
- Complimentary Arabic and French lessons.

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CONTENTS



35

EDUCATION

The Future Of Learning

Senior School At Durham

SCHOOL & FAMILY BREAKS

A Luxury Getaway This Eid

The Ultimate Eid Staycation

HOME & GARDEN

Customised Furniture With Elli Junior

Interior Design Secrets That Everyone Should Know

GOOD LIVING

Editor's Beauty Picks

The IKEA Yas Mall Cooking Relay Competition!

Editor's Fashion Picks

Competitions

30

31

32

34

35

36

38

39

40

42

43

44

48

49

Editor's
— PICK —



THE DELIGHTFUL NEW SPRING SUMMER COLLECTION FROM BABYSHOP

Now that spring is in full flow and summer is just around the corner, it's the perfect time to tell you about the latest collection from Babyshop. The company has established itself as the go-to place for clothes made from high-quality materials that are gentle on children's skin, ensuring maximum comfort and breathability.

One standout piece is the Juniors All-Over Textured Dress with Tie-Up Bow and Zip Closure, a gorgeous party dress with a stunning metallic tone and textured pattern, for children aged 1 to 6. For the little man in your life, check out the Juniors Checked 4-Piece Clothing Set - a sophisticated four-piece that is sure to make your child the star of the show!

Designed with quality in mind, Babyshop's latest collection is comfortable and stylish, with a variety of colours, patterns and designs that are perfect for the coming season.

*For more information or to shop online, visit
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Hummingbird Nursery is committed to providing high-quality education and care for young children. Our experienced and motivated educators follow the Early Years Foundation Stage (EYFS) curriculum to provide a safe learning environment that encourages active participation.

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Your child will enjoy various activities:

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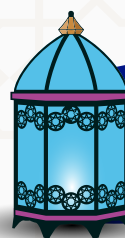
Card Making

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THINGS TO DO



This month's section is our picks of great family Iftars and other things to do during the month.



BARBECUE DELIGHTS IFTAR

Iftar comes with a feeling of togetherness and appreciation, and our top pick this month is the Barbecue Delights Iftar, with branches in Ibn Battuta Mall, JBR and Motor City. With over 50 mouth-watering dishes, it offers the best of Pakistani, Afghani and North Indian Cuisines at unbeatable prices.

Recognisable from its bright lights and vibrant, atmospheric decor, this family restaurant group is comfortable for families with all ages of children. And the food is as outstanding as the Iftar deals themselves!

The Iftar buffet runs from sunset until 8.30 pm and features a selection of traditional light starters and salads, as well as a great choice of family favourites such as biryani, beautifully flavoured dishes with meat, chicken and fish - both grilled and cooked in delicious sauces.

You'll find plenty of snack picks that kids will love (and parents too!), including our recommendations of the crispy fried fish, samosas and the freshly prepared onion bhajis. All your favourite accompaniments to Indian and Pakistani food await you, together with good, friendly service.



Maybe you'll leave room for dessert and maybe you won't, but after your all-you-can-eat buffet, Barbecue Delights provides options for traditional desserts and Karak Chai to finish your meal on a sweet and satisfying note.

HERE'S THE DEAL

Iftar Buffet at JBR, Ibn Battuta Mall, Motor City

Prices for adults

- Barbecue Delights in JBR AED 89
- Barbecue Delights in Ibn Battuta Mall AED 79
- Barbecue Delights in Motor City AED 69
- A 25% discount applies after 8:30 pm on the Iftar Buffet Menu during Ramadan

Prices for children (5-10 Years old)

- JBR AED 45
- IBN Battuta Mall AED 39
- Motor City AED 39
- A 25% discount applies after 8:30 pm on the Iftar Buffet Menu during Ramadan

Iftar Buffet Timings

Sunset - 8.30pm followed by Dinner Buffet from 8.30pm - 12pm

Phone to Book

- JBR: 058 623 6116
- Motor City: 052 674 2575
- Ibn Battuta Mall: 04 566 8479
- Instagram: @bbqdelights

ENTERTAINMENT, EDUCATION AND ECHIDNAS AT THE GREEN PLANET DUBAI



With over 3000 plants and animals across four indoor levels, The Green Planet Dubai is the perfect location for a day out with your children. In very exciting news, it's also now home to the region's first two echidnas. These fascinating animals are one of only two egg-laying mammals in the world and you and your children will be able to meet them at The Green Planet Dubai from the 5th of April. There will also be an informative talk with the Green Planet's expert biologist.

The entire bio-dome is going to be decorated with large colourful Easter eggs until the end of April for an Easter Egg Hunt. As kids interact with the exotic animals and plants, they can spot and count the Easter eggs and tag @theGreenPlanetDubai to win two VIP passes. Don't miss out!

Location: The Green Planet Dubai

Dates: Until April 30th

Price: From AED 125

Visit www.thegreenplanetdubai.com for more information.



RAMADAN EXPERIENCES IN DUBAI

Every year, millions of tourists have the experience of a lifetime when visiting Dubai, known for its iconic landmarks, dazzling skyscrapers, bustling city life and incredible hospitality. As a resident, Ramadan offers you the opportunity to explore your city!

The month of Ramadan provides an array of unique experiences for families of all cultural backgrounds. Ramadan is indeed a time for reflection and spiritual renewal, but it is also a time to come together with friends and family to celebrate. In Dubai, this celebration takes on a new level of energy and excitement. From the stunning decorations and lights that adorn the city's buildings to the vibrant street markets selling traditional foods and crafts, there is a tangible sense of excitement in the air.

Dubai's Department of Economy and Tourism (DET) has curated a list for us of some of the best ways to observe the Holy Month of Ramadan with family and friends.

GLOBAL GASTRONOMY HUB

One of the key reasons that Dubai is a quintessential destination to celebrate the month of Ramadan is its unmatched culinary offerings. Food is a vital part of Ramadan and Dubai offers an abundance of delicious options to break the fast. From traditional Middle Eastern delicacies such as dates, hummus and kebabs, to some of the finest dishes from Middle Eastern cuisine, there is something to satisfy every palate. Additionally, many hotels and restaurants offer special Ramadan Iftar buffets, allowing your family to indulge in all the flavours of the season.

THE MAJLIS IN WORLD TRADE CENTRE

This Ramadan, indulge in the true spirit of Arabian hospitality at The Majlis in World Trade Centre. Offering a scrumptious menu with live cooking, dessert and ice-cream stations, the DWTC Ramadan Majlis, one of Dubai's longest-running Ramadan venues, hosts an eclectic mix of visitors, from VIP guests to business delegations to families looking to get together at Iftar and Suhoor.

ASATEER AT ATLANTIS, THE PALM

For a traditional Iftar experience, guests can head to Asateer at Atlantis, The Palm, hailed as one of Dubai's best tents during Ramadan.



This stunningly decorated tent, opulently laid out in Arabian style, provides guests with an unforgettable experience. Friends and families can also opt for Al Majlis at Madinat Jumeirah, an extremely popular Iftar destination located in Madinat Arena, offering a unique setting surrounded by traditional architecture. The family can relish authentic delicacies from the buffet and live cooking stations, then head to the nearby souks for a bit of atmospheric evening shopping.

TIME OUT MARKET DUBAI

For an alternative experience, you can enjoy unique dining destinations to break your fast, such as Time Out Market Dubai, which celebrates the season with a series of Ramadan-inspired dishes. Local burger joint Pickl has created a purple Vimto milkshake and Vimto flavoured ice-cream that are sure to please all the family!



JUMEIRAH EMIRATES TOWERS

To mark this time of year, people can head to Jumeirah Emirates Towers for a truly special Iftar experience, with opulent views overlooking the iconic Museum of the Future and glittering Dubai skyline. Their terrace will provide guests with an elegant, elevated Iftar buffet. The luxurious spread will include classic Ramadan dishes, as well as fresh shawarma, grilled fish, shish taouk, kofta, marinated prawns and traditional Arabic sweets.

ARMANI HOTEL

Visitors and residents can also head to one of Dubai's most notable hotels and landmarks, the Armani Hotel, for a decadent Iftar buffet, including traditional dishes and seasonal favourites from across the hotel's popular restaurants. This tranquil, up-scale celebratory meal will provide guests with a relaxed atmosphere and rich oud aroma, accompanied by authentic table musicians playing throughout.

DUBAI OPERA

The Iftar at Dubai Opera is a unique dining experience that takes place in one of the most iconic cultural venues in

Dubai. The elegant setting of the Dubai Opera provides a stunning backdrop for the Iftar, which features a traditional Arabic buffet with a modern twist. The Iftar at Dubai Opera also includes live entertainment, such as traditional Arabic music and dance performances, creating a festive atmosphere for guests. With its exquisite setting, delicious food, and lively entertainment, the Iftar at Dubai Opera is a truly memorable way to celebrate Ramadan in Dubai.

SHEIKH MOHAMMED BIN RASHID AL MAKTOUM CENTRE FOR CULTURAL UNDERSTANDING

The Sheikh Mohammed bin Rashid Al Maktoum Centre for Cultural Understanding is a must-visit destination during Ramadan in Dubai. This unique centre provides visitors with a chance to experience the traditional Ramadan practices of Dubai, such as Iftar and Suhoor, in a welcoming and informative setting. The centre's knowledgeable staff guide visitors through the customs and traditions of Ramadan, offering a unique perspective on the holiday that is both educational and enlightening. Additionally, the centre offers a variety of events and activities during Ramadan, such as guided mosque tours, Islamic calligraphy classes,

and traditional Arabic coffee and dates, providing a rich cultural experience for visitors of all ages.

EXPO CITY DUBAI

This year at Expo City Dubai, there will be a unique and special celebration of the month of Ramadan, with their 50-day long exhibition, Hai Ramadan. The immersive event will take visitors on an epic journey through the Islamic world, beginning with a trip through traditional Emirati neighbourhoods, through the Levant region, and then on to North Africa, South Asia and the contemporary Arabian Gulf. The exhibition showcases international to regional Ramadan cuisine, with flavoursome street food and traditional sharing style dishes, allowing all visitors to break their fast together, learn about the importance of Ramadan and experience a sense of community.

THE ETIHAD MUSEUM

Dedicated to the history of the United Arab Emirates, The Etihad Museum offers a unique cultural experience for visitors during Ramadan, featuring interactive exhibits and multimedia displays. During Ramadan, the museum also offers special events and activities that celebrate Emirati culture and traditions.

Tours by photography experts to create memories

Visitors and residents can delve into the culture and history of the city with a photo session led by Gulf Photo Plus. This will take guests on an explorative journey of the buzzing and bustling back streets of Karama, one of Dubai's most historic neighbourhoods. The tours are led by photography experts, who provide useful tips on how to get the best shots, as well as a historical insight into the destination. This is the ideal way for families and friends to spend an evening during Ramadan, whilst capturing those truly unforgettable moments.

FAMILY FRIENDLY ACTIVITIES

Dubai is known for its world-class attractions and entertainment, and during Ramadan,

the city offers a wealth of family-friendly activities. From interactive exhibits and hands-on workshops to outdoor activities and games, there is something for everyone during this special time of the year. Many of Dubai's attractions, such as theme parks, shopping centres and museums offer special Ramadan packages and deals, making it easy and affordable to keep the whole family entertained. With so many exciting and interactive options available, Dubai remains a top destination for families during Ramadan.

The city offers a variety of outdoor activities that are perfect for families, including evening desert safaris, twilight dhow cruises and camel rides. With so many options to choose from, families can create unforgettable memories during Ramadan while exploring the city's stunning natural beauty.

There are also a number of open-till-late theme parks, including IMG Worlds of Adventure and Dubai Parks and Resorts. With a variety of rides and attractions to choose from, these parks provide endless entertainment for families of all ages.

Dubai's world-famous shopping malls are a destination in and of themselves, offering a wide range of activities and attractions for families during Ramadan. From Dubai Mall, to Mall of the Emirates, Dubai Hills Mall and many more, all of these destinations are equipped with an array of fun-filled activities, incredible retail deals, state-of-the-art cinematic experiences, impeccable dining options, with cuisines from around the world and much more.

THE AYA UNIVERSE

Located in the heart of Dubai, The Aya Universe in Dubai is a stunning and immersive experience that features a range of activities and installations that are perfect for those seeking to immerse themselves in digital displays of stars, blooming gardens and more.

THE (DIFC) M2L MARKET

The (DIFC) M2L Market is a unique destination for visitors looking for an authentic Ramadan experience in Dubai. Located in the heart of the



financial district, the market offers a range of traditional Arabic food, sweets and beverages that are perfect for Iftar and Suhoor. In addition to the food, visitors can browse through stalls selling local handicrafts, souvenirs and gifts. The market also features traditional Ramadan activities such as henna art and falconry shows. What sets the M2L Market apart is its focus on sustainability and environmental responsibility, with a commitment to reducing waste and promoting eco-friendly practices.

GLOBAL VILLAGE

Global Village Dubai is a popular destination for tourists and residents alike during Ramadan. This multicultural

festival park brings together the best of the world's cultures, with pavilions representing different countries and regions.

During Ramadan, Global Village offers visitors an immersive experience, with a variety of activities and events that celebrate the traditions and culture of the UAE and the wider Arab world. These include Iftars, live cultural performances and religious activities such as Quranic recitations and lectures. The park also features a range of shopping options, selling everything from local artisanal crafts to international brands.

Families can participate in a variety of cultural activities throughout the city during this special month. These include visiting some of Dubai's iconic souks, where people can enjoy festive food, sweets and decorations. The city also hosts several events and festivals during Ramadan, such as the Ramadan Night Market, which showcases the best of local arts and crafts. Children, parents and friends can participate in various educational and thrilling activities such as henna painting, calligraphy workshops, and Islamic arts and crafts.

Overall, Ramadan in Dubai offers a unique and culturally rich experience for families to come together and celebrate the spirit of this special time.

WELLBEING



How to spot whether
your little one has
eyesight issues; all about
mothers' wellbeing and
more!



TIPS TO TACKLE HAY FEVER

With hay fever season approaching, it's time to remind ourselves what are the main causes, symptoms and treatments so that we can ensure our children are as sneeze-free as possible!

While many lucky people manage to avoid it completely, hay fever is a common allergic condition that can affect your child's nose, sinuses, eyes, throat and even their ears. While you may think that hay fever only occurs during the spring and summer months, that's just seasonal hay fever. Perennial hay fever can create discomfort for your little one throughout the year.

WHAT CAUSES HAY FEVER?

Hay fever is caused when your child inhales dust, pollen or other small particles that get trapped in their nose. While this happens to everyone, only those who are allergic to the particles experience hay fever. Each child is different and yours may suffer from hay fever as a result of an allergy to one or more of the following:

- ✓ Dust mites
- ✓ Pollen
- ✓ Spores from mould
- ✓ Animal hair

SYMPTOMS

Around one in three children will experience hay fever, which commonly occurs alongside other allergic conditions such as asthma. With it being so prevalent, it's important to be aware of the main symptoms and how to identify them. These include:

- ✓ Itchiness in the nose, eyes, throat or ears
- ✓ Swollen or red eyes
- ✓ Lots of sneezing or coughing
- ✓ A runny or blocked nose
- ✓ Sinus discomfort
- ✓ Headaches or earaches

Hay fever can also have a negative effect on the quality of your child's sleep, leaving them drowsy throughout the day and affecting their concentration in school. Other effects of hay fever include an increased vulnerability to sinus and eye infections and asthma flare ups. In fact, 80% of asthma sufferers say that hay fever triggers their asthmatic symptoms.

TREATMENT

Unfortunately, there is no outright cure for hay fever, so the best approach once your little one has a reaction is to treat the symptoms. Antihistamines or nasal sprays can be used to reduce your child's discomfort, but make sure to consult with their doctor for a recommendation. The doctor may also advise allergy tests to determine which potential triggers are affecting them.

As always, prevention is even better than a cure, so do your best to identify exactly what allergen is triggering your child's hay fever and try to limit their interaction with these allergens. For example, if animal hair is the issue, try to reduce their contact with pets that shed. Some further pointers to reduce potential allergens in your child's day are as follows:

- ✓ Don't keep flowers indoors
- ✓ Avoid smoking around your child - it will worsen their symptoms
- ✓ Keep windows and doors closed
- ✓ Remove dust from surfaces with a damp cloth so it doesn't get spread into the air

Hay fever is a nasty condition that can cause a great deal of discomfort for your child. Figuring out what they are allergic to and limiting their contact with it is often the best parents can do. If this isn't effective, consult with a medical practitioner to explore further treatment options.

HOW TO TELL IF YOUR CHILD NEEDS GLASSES

Keeping a close eye on your child's eyesight can help you to spot any problems early and get children the help that they need. With these helpful tips, any issues will become crystal clear.

One aspect of children's health that often gets overlooked is their eyesight. Having undiagnosed issues with eyesight can really affect your child's day to day life, so early detection is key. If left untreated, they may find school harder and their eyesight will deteriorate more quickly. There are plenty of telltale signs that your little one is experiencing difficulties with their eyes and, if you suspect that your child has a problem, a simple eye exam from your local optician is the best place to start. Here are eight things to look out for that may mean your child is struggling with their eyesight.

Rubbing

If your child rubs their eyes regularly or often mentions that their eyes are tired, it can mean that they are experiencing short-sightedness or long-sightedness. Their eyes are straining to see properly and this strain is tiring them out. Furthermore, when your child rubs their eyes, there is a chance they will damage them or worsen the problem. So the best course of action is to get an eye exam and help relieve those tired eyes!

Squinting

If you notice that your child sometimes squints to see something far away from them, such as a friend across the street, or even a clock on the wall, this may mean that they have short-sightedness, known as myopia.

The usual course of action is a pair of glasses for your child, which will correct the nearsightedness they're experiencing.

Covering one eye

One real giveaway that your child is having some difficulty with their eyesight is if they put a hand over one of their eyes when trying to see something. This is most often because the vision is better in the uncovered eye and they can see more clearly by using it alone. To confirm this, ask your child to cover one eye at a time and to describe their vision to you. If one eye is better than the other, it can be a sign of amblyopia or astigmatism.

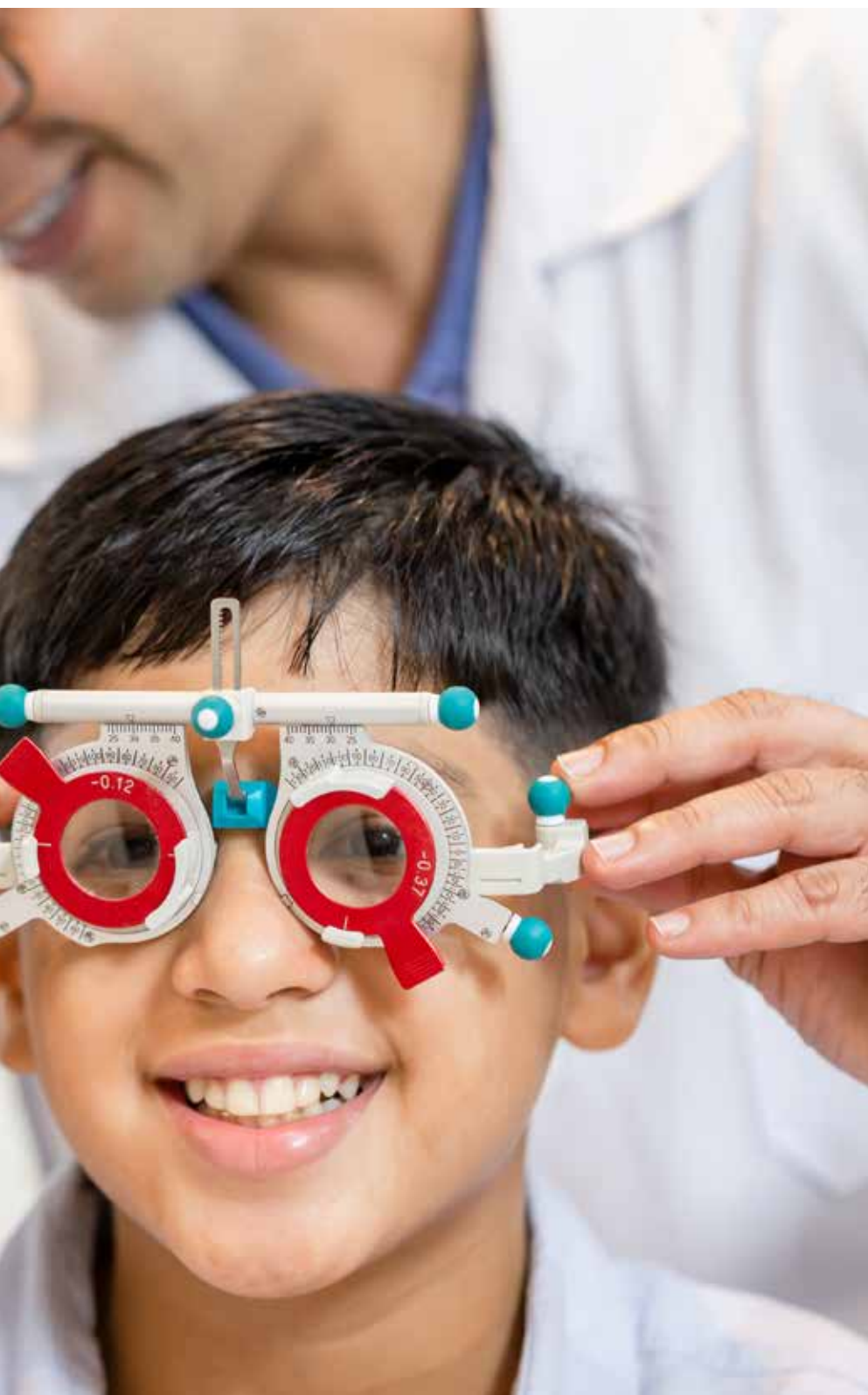
Lots of tears

Aside from when your child is upset and sheds a few tears, if their eyes are watery when they're not upset it might be a sign of an eye issue. It can mean that they have an eye infection or that their eyes are having to work harder than normal. In any case, it's worth bringing your little one for an eye exam to get an accurate diagnosis and a recommended treatment.

Following a finger

It's normal for young children to use one of their fingers to trace along when they're reading. If this persists when they're older, it may indicate that your child has amblyopia, or lazy eye.





If you spot your child using a finger while they're reading, gently ask them to try without their finger. If they can't keep their place on the page without using a finger, make an appointment to get them an eye test, to shed some light on the matter.

Reading difficulties

All children learn to read at a different pace. One unexpected reason that a child may struggle to read is not necessarily a learning issue but actually to do with their eyesight. Asking your child to read a passage out loud is a straightforward way to check in on their ability. They may be hesitant to admit it but if they are struggling, it could mean that they're struggling to clearly see what is on the page in front of them. Not to worry though, an eye appointment and a pair of glasses is all they usually need, and they'll soon find reading a lot easier!

School struggles

A lot of issues with eyesight become apparent in the classroom. Your child or their teacher may inform you that they're finding school hard as a result of some eye trouble. It may be that the writing on the board is blurry or their eyes are getting tired quickly. This will become clear sooner if your child sits near the back of the classroom. Speak openly with your little one about this and check in with how they're feeling. While moving towards the front of the classroom is a short-term solution, a trip to the optician should be taken before long.

Headaches and light sensitivity

Most children will complain and cover their eyes when their curtains are drawn back first thing in the morning. However, if they regularly complain about the brightness of lights or get headaches from sunlight, it could indicate that they have a pronounced sensitivity to light (photophobia). Sunglasses will immediately help and prescription lenses can be prescribed to help your child with this problem.

It's very useful to be able to catch the signs that your child might be experiencing some issues with their eyesight. Spotting any potential issue early and reaching out to a medical professional for diagnosis and treatment will limit the severity of these problems. Most often a pair of glasses is all that is required and your child will be able to see comfortably. Make sure to pick out frames that your child actually likes or you'll have a hard time convincing them to wear them!

EVENT REPORT: MOTHERS' WELLBEING

Last month, we invited mums to join us at the Stella di Mare Hotel, Dubai Marina for our interactive 'wellbeing' themed coffee and breakfast morning, kindly supported by Babyshop, Clevamama and Al Ain Milk.



The event started with an introduction from Kay Marham, but rather than define 'wellbeing' for the audience, she went straight to members of the audience of mums to ask what 'wellbeing' meant to them.

WHAT DOES 'WELLBEING' MEAN TO MOTHERS?

Interestingly, the most common comments from mothers was that "wellbeing means taking care of themselves, so they can better look after their families." This is a great sum-up of a mother's priorities - ultimately giving their children their best.

During the coffee morning, we invited expert guests to give their perspectives and advice on how to achieve greater wellbeing - and the information that came out may surprise you!

ACHIEVING WELLBEING EVERY DAY

Aniqha Deen is a co-founder of the Honey Pot womens' waxing salon, the Skin Candy brand of skincare and the Fusion 14 brand of batik clothing in Sri Lanka. Despite her standing as a womens' grooming expert, Aniqha's advice on how mothers can achieve wellness through beauty was a surprising and warmly welcome twist on their expectations!



Smile!

Aniqha highlighted research into non-verbal communication and body language that says that if you smile at someone, there is a reflexive human instinct to smile back. Therefore, looking in someone's eyes and smiling at them as often as you can every day means that you will be collecting warm smiles from people all day. These can include smiling at your children, colleagues, neighbours, etc.

Ask for help and offer support

Aniqha went on to point out that wellbeing is created by offering help to other mothers and giving them the opportunity to support you too. True beauty, she said, is the connections we make with each other, especially when we recognise that someone else is stressed and in need of a kind word or show of support. The purest kind of beauty is who you are on the inside, seeing others for how they are and allowing others to understand and support you.

THE WELLBEING IMPLICATIONS OF POOR SLEEP

Mother to three incredible, beautiful adult children, Julie Mallon is a well-known expert, both here and abroad, in the field of 'sleep health.'

Julie started her session by emphasising the importance of sleep. She explained that part of the reason for the importance of getting children into healthy sleeping habits is because it is during sleeping hours that



the brain will store knowledge and commit information to memory. This obviously has huge implications for school-age children who are studying.

The more sleep we get, the more we support healthy brain function - and that holds true for both mothers and their children. She pointed out that napping is also a crucial opportunity to help memory and as little as six minutes of nap time is beneficial. She added that napping after 4pm can, however, have a negative effect on night time sleep, so napping between 1-4pm is optimal.

Julie went on to say that more and more studies indicate that when we're sleep deprived, it impacts our mood and often mental health - and for this reason, sleep should not be viewed as a luxury, but a necessity.

Newborn sleep and the link between sleep and colic

Julie talked to the audience about how a newborn's sleep cycle is very different to that of a baby at six months - they are not neurologically set up to sleep for a long time, as babies are born without any of the sleep hormone, melatonin, which sends signals to the brain that they are prepared for sleep. Melatonin also has a direct effect on colic - it works on the smooth muscle of the gut and stops the muscle going into spasm, which is why colic usually diminishes after 12 weeks.

With a very gentle organic routine, your child can learn to anticipate sleep and feeding cycles.

If any mother is experiencing difficulty in getting their baby or child to sleep, or is feeling despair or desperation over sleep problems, please understand that the help to fix this really is there for you. You can contact Julie Mallon through her website www.nurture2sleep.com to book a consultation. You can also check out her Instagram page @nurture2sleep for tips and advice.

CLEVAMAMA PRODUCTS FOR BABIES

Claire O'Neill is a product expert with Clevamama, who provide a range of science-backed products that support both pregnant mothers and babies to sleep more optimally. Claire explained the technology behind Clevamama's ClevaPure Salt Lamp and Humidifier and their certified asthma and allergy friendly range of pillows - baby Sleep Pods.

The range was researched and developed in collaboration with world-renowned university, Trinity College, in Dublin, where their ClevaFoam technology is engineered, designed and manufactured specifically to promote optimal baby sleep.

Claire detailed how the use of ClevaFoam in their brand's products supports your baby's

rapidly growing body and developing joints, as well as protecting the round shape of a baby's soft head, to help prevent a common condition known as Flat Head Syndrome (Plagiocephaly).

This is the only product scientifically proven to reduce pressure on the back of a baby's head by 50% and to increase support by 80%, as well as being hypoallergenic, pH balanced and toxin free.

BABYSHOP PERSONAL SHOPPING EXPERTS

Motherhood is a journey that requires mums to be reliant on expert advice, guidance and education in so many ways. One of the important areas we need advice on is to understand the confusing range of baby equipment, such as strollers, feeding equipment and the optimum ways to equip yourself with everything your baby needs when you're outside of the home.

For these reasons, we have come to rely on Babyshop's Personal Shopping Experts to give us the latest updates on the products that are most popular with mothers this month. The highlight was a lightweight stroller that safely folds and compacts itself at a touch of a button - ideal!

Babyshop finished the event by providing a range of goody bags for the prize draw giveaway, which we like to do at the end of each of our events!





PARENTING



A book to deal with pet loss; the advantages of being bilingual and a look at sensory processing in children!





A GLIMPSE INTO SIBLING DYNAMICS WITH A NEURODIVERGENT CHILD

Sofia Stigka, a child psychologist at Thrive Wellbeing Centre, gives us her insight into the relationship between neurotypical and neurodivergent siblings.



No matter how different your kids are from one another, sibling bonds are important. They directly affect a person's family experiences, social skills and self-identity. That is universally true no matter the children's neurological profiles. For example, one child may be on the autism spectrum, while the other may be neurotypical, or they may share a common diagnosis, but on different levels of functioning. In these cases, there can be difficulties and concerns that make family dynamics and daily routine more complicated.

TRY TO GIVE EQUAL ATTENTION

Typically, the diagnosis of autism spectrum disorder in a family member is the catalyst of an effort to discover appropriate interventions and a network of people that can provide practical and socio-emotional support. However, while parents understandably focus on helping this child, their other child's needs may be unintentionally overlooked. In many ways, a neurotypical child does not have the usual opportunity to be a traditional child with traditional tantrums and caprices, because growing up with a sibling with additional needs doesn't leave as much room to express these. As a result, these kids may grow up faster.

PEER SUPPORT

Sometimes children who have a brother or sister on the autistic spectrum can feel lonely. It's important to help them connect with people that understand.

There are peer support groups for people who share similar experiences, where they can process difficult - but perfectly normal - emotions, such as anger, resentment, sadness and frustration. When young people participate in these groups, they often find new ways of dealing with situations, new coping mechanisms and ultimately, they feel heard and less alone.

AMBASSADORS OF DIFFERENCE IN SOCIETY

Neurotypical siblings are exposed to different ways of communication. They learn early on that behaviours that others may label as atypical - mannerisms, vocalisations, echolalia or speech repetition - are ways that an autistic child expresses their emotions and needs. Neurotypical children usually develop a particular set of skills in order to interact effectively with their neurodivergent sibling. They learn to respect routines, to use precise language, to not take meltdowns personally and to adapt their expectations. These siblings therefore serve as ambassadors of diversity acceptance in the global community, reshaping the notion that autistic individuals need behavioural modification plans. Rather, they promote an alternative approach, inviting society to understand the function that a typical autistic behaviour serves.

From a young age, a neurotypical child is often a supporter, a guardian, a loyal friend and even a safety net to their neurodiverse sibling. Their neurodivergent brother or sister teaches them about differences and tolerance to adversity. Sibling dynamics in these cases create an example of acceptance and respect towards neurodivergent individuals that can be a road map for all within society.

THE BENEFITS OF RAISING BILINGUAL KIDS

Speaking two languages with children is hugely beneficial, teaching them a unique understanding of different cultures. Let's examine how useful this can be for your little one.



Raising a child in two cultures can be a real challenge but it's not without its benefits. One of the best parts is the opportunity for your little one to be bilingual. Many parents in this situation are wary of asking too much of their child by introducing two languages at once. However, this is arguably the best time for kids to learn a second language. They are already absorbing the basics of one language, and the second one stacks neatly on top.

Under three years of age, children's brains are absorbing lots of new information from the world around them. Also, there is no evidence to suggest that learning a second language will have any negative impact on their first language. At this very young age, children aren't overly concerned or daunted by complex grammar or linguistic rules. Their keen minds will pick up all of the new sounds and commit them to memory. Up to and including the first few years in school, children are very well suited to hearing new words, remembering them and pronouncing them properly. As adults, it can be much more difficult to pick up a new language than for our little ones!

MORE THAN JUST A SECOND LANGUAGE

Aside from it being a suitable time for your child to learn a new language, doing so in the early years will benefit your little one in lots of different ways. Let's consider them.

Memory

Simply having to learn and remember twice as many words will ask a lot more of your child's memory. This will train them to be able to remember much more information, which is an invaluable ability that will support them throughout their education and beyond.

Linguistic capability

This may sound like an obvious one, but if your child is bilingual when entering school, they will find language-learning much easier than their peers. When it comes time to perhaps learn another language in school, they will be very well prepared.

Brain training

The nature of having two languages to pick from, means that your child's mind is slightly more active than the minds of monolingual children. Your little one will have exercised their brain more and therefore be better able to tackle their studies.

Solving problems

Bilingual children make for more skilled problem-solvers. As their brains are able to piece sentences together in two different languages, they're better able to identify the factors of a problem and come up with a solution. This will even extend to understanding and developing skills in maths.

Creativity

The kind of skills needed for your little one to speak in two languages can be applied smoothly to creativity. If your child is bilingual, they will be adept at coming up with ideas in more than one way and looking at things from different points of view.

Empathy

Bilingual children naturally have two different influences on the way they think. As a result, it is common for bilingual kids to have a greater understanding of, and openness towards, others.

Concentration

In the early years, bilingual children can often mix their two languages while speaking. As they grow up, they learn to channel one over the other, depending on



the situation. This requires a certain level of concentration that can then be used when trying to focus in school or on homework.

Communication

It shouldn't come as much of a surprise that bilingual kids are strong communicators. They are used to paying attention to conversations in different languages and responding appropriately. Listening comes easily to them and they are able to pick out the best words to reply with.

Reactions

One aspect of being bilingual is the 'always on' nature of your child's mind. Their brain is paying attention to what is being said so that it can let them know what language to reply in. This means that they're more likely to stay engaged with the conversation and respond to you more quickly.

Social life

The more languages you speak, the more you can relate to different people from different backgrounds. If your child is

bilingual, they naturally have an advantage when it comes to associating with others as they are better able to understand different perspectives.

Confidence

Lots of children are shy, and it's usually nothing to worry about. However, bilingual kids are familiar with having to switch languages and the breakdowns in communication that come along with making a mistake. They can apply this to their daily life, knowing that even if they make a mistake they have the skills needed to regain their composure and resume the conversation.

Learning a second tongue is a wonderful opportunity for your child to gain an insight into another culture and, as mentioned, provides a whole host of other cognitive and social benefits. Don't worry that they'll be overwhelmed or struggle with differentiating their two languages from one another. They will absorb the words and be able to separate and identify them properly with time. Being bilingual is like a superpower in this modern age, opening up doors for your child all over the world.

UNDER THE MANGO TREE: A STORY TO HELP WITH PET LOSS

Losing a family pet is very hard to process, especially for kids. We look at a book that can help children understand their feelings.

Pet loss is a tough topic to broach with your little one. Like many other big concepts, an age appropriate story can be a good tool for children and 'Under the Mango Tree' is a new book created with this in mind. Written by Robyn Fok, the founder of UAE's leading natural dog care brand, Rory's Apawthecary, it is a touching story based on the grieving process of losing a beloved pet, that helps kids understand their grief.

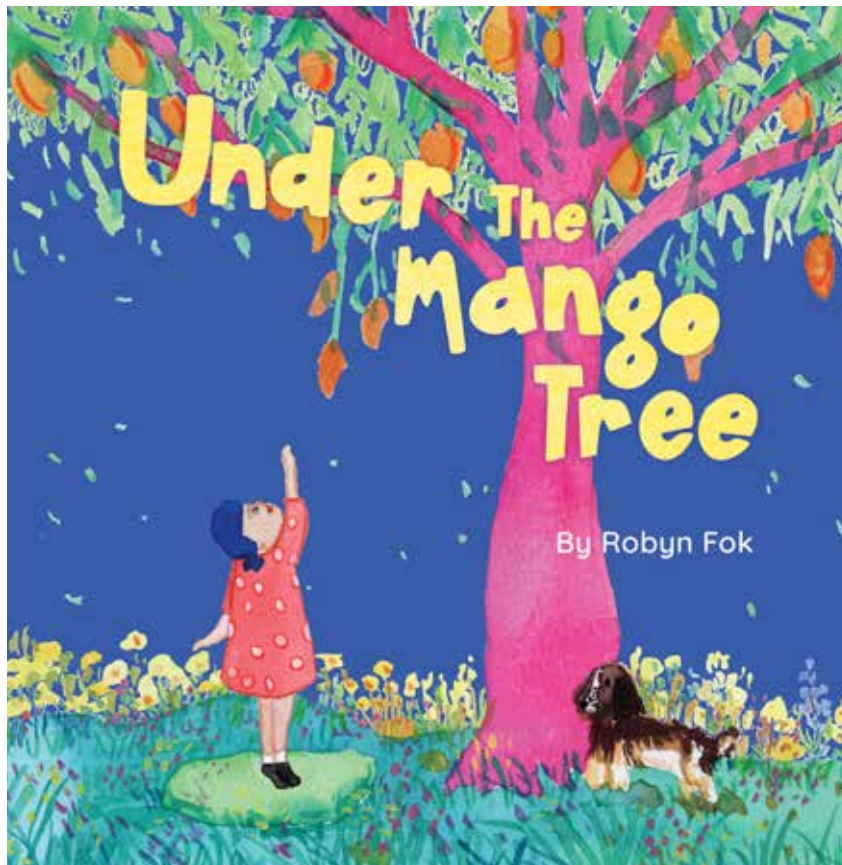
LOSS AND LOVE

An uplifting and heart-warming tale, 'Under the Mango Tree' is brightly illustrated and has universally moving themes, grappling with the deep and often spiritual message of death and grief, and breaking it down so that children can understand. While the book addresses pet loss, the same concepts can be applied to all forms of grief.

The tale follows a journey of bereavement that begins with grief and confusion but eventually leads to a freeing realisation that those who pass away do not simply disappear - their memories live on in the hearts of those who love and care for them forever.

FINDING PEACE

'Under the Mango Tree' is inspired by Fok's dearest companion, Rory, an American Cocker Spaniel who, after passing away in August of 2022, now lays at rest under a mango tree. Fok hopes to provide solace to others, particularly children, coping with loss. "I have written this book as a way to help others who have experienced loss to feel loved and supported" she comments. "As I worked through these tough emotions myself when Rory passed away, I realised that many adults and children have also gone through the same difficulties when they too lost their furry family members. It is a natural part of pet ownership and I hope that this book can support others, especially



little ones, in their process of finding peace and light in a time of darkness."

GUIDANCE AND HELP

She feels that while both human and pet loss are valid and difficult, people who experience pet loss often do not get the support they need from their community and society when their pet passes away. Recovering from pet loss requires help and consideration too, and she hopes this story aids parents in guiding their children through the death of much-loved animals.

Along with the release of the book 'Under the Mango Tree', Rory's Apawthecary has also dedicated a section on the company's website dedicated to offering support to pet parents and their families in the difficult topic of pet loss. The page offers healthy grieving strategies and post-pet loss logistics assistance; the first of its kind in the UAE.

'Under the Mango Tree' is now available in hardback and ebook versions on all major book platforms globally, including Amazon worldwide, Book Depository and Barnes and Noble.

AN INTRODUCTION TO SENSORY PROCESSING

Occupational therapist Nalini Maistry introduces us to the concept of sensory processing and how it develops.



In our everyday lives, we all experience a multitude of sensory information. We have built sensory experiences into our daily routines to help us feel more grounded and regulated, without giving these much thought. Some examples are our morning coffee, weekly deep pressure massages or outdoor walks that help us feel calmer, the spicy or sour foods we find comforting or the high impact workouts that help us feel more alive. These coping strategies are an integral part of our wellbeing and deserve our full understanding and appreciation.

Sensory processing occurs when our bodies and brains work together to register, interpret and act upon sensory information, which shapes our experience of the world. Each of our eight senses work together and this brain-body process works around the clock to pay attention to information surrounding us, thus enabling us to move our bodies, complete tasks and have meaningful social interactions. Sensory processing can be looked at as the neurology of how we feel.

HOW SENSORY PROCESSING DEVELOPS

Children begin to develop their sensory systems in utero when they start to move their head against gravity for the birth process. As babies develop, their first experiences are deeply sensory and emotional. It is through touch and smell that infants recognise their mothers, through the movement of their head, rolling their bodies and moving a rattle that they start to develop sensory motor patterns. These sensory experiences teach children to form relationships, develop communication and build sensory motor pathways in the brain, forming the solid foundation for success later in life.

Sensory processing occurs when bodies receive sensory information, which



our brain then uses to make decisions. If the brain is not able to process this information accurately, it becomes difficult for us to produce an appropriate response. The brain must register all the sensory information through the eight senses and then prioritise the most important sensory input for the body to react in a safe and typical way.

A SENSORY 'TRAFFIC-JAM'

When the brain is not able to integrate all the sensory information, the responses

or behaviours can be unexpected and often inappropriate. Dr Jean Ayres, a pioneering occupational therapist, psychologist and neuroscientist, likened sensory processing challenges to a 'traffic-jam' which prevents certain parts of the brain from receiving the sensory information needed to respond appropriately. Sensory processing challenges are a widely researched and understood area of child development and are treated holistically with the support of an occupational therapist trained in sensory integration.

HOW SENSORY PROCESSING DISORDER AFFECTS CHILDREN

We take a deep dive into how sensory processing disorder can affect children, and what you can do as a parent to support your little one.

Sensory processing disorder is a condition that affects the way a child's brain deals with inputs coming from their different senses. Children who have sensory processing disorder may be more or less sensitive to different things than is usual. Sound, touch, light, smell and taste are all examples of sensory inputs that your little one may have difficulty with. If they're over-sensitive to these, they will try to find ways to reduce the effect it's having on them, such as covering their ears against sounds or trying to remove uncomfortable clothes.

THE SENSES

There are eight different types of sensory processing that translates the external world into our body. In addition to the five main senses (sight, hearing, touch, taste and smell), there are three more senses to be aware of.

Interoception

Interoception is the sense of what your body is experiencing. This sense provides the brain with information about our internal organs such as hunger, pain, body temperature and needing to use the bathroom.

Proprioception

Proprioception is the awareness we have of our body. This sense receives sensory information from our muscles and joints to help us know where our body is in space and how to plan movements with our arms and legs. It also helps us to know how much force to use when holding objects, kicking a ball and writing with a pencil.

Vestibular

Vestibular is the sense located in the inner ear that provides us with information about balance and equilibrium.

HOW TO SPOT SENSORY PROCESSING DISORDER

Every child is unique and may respond in different ways to stimuli. The symptoms of having sensory processing issues may depend on the way a child processes different sensations.

Hypersensitivity

Hypersensitive children are those who experience stronger sensations when one or more of their senses become activated. This may cause them to be quite uncomfortable and they will often react to try and reduce the effect of the stimulus. Telltale signs of hypersensitivity include:

- ✓ Covering eyes or ears
- ✓ Picky eating
- ✓ Low pain threshold
- ✓ Clumsiness
- ✓ Difficult controlling emotions

Hyposensitivity

On the opposite end of the spectrum are hyposensitive children who experience a diminished sensation when they come into contact with specific stimuli. They will often seek out stronger sensations from their environment. Examples include:



- ✓ Putting things in their mouth
- ✓ Touching objects
- ✓ High pain threshold
- ✓ Bumping into things
- ✓ Fascination with bright lights or loud noises

Experts don't yet fully understand the ins and outs of sensory processing disorder. Some research has shown that it is actually the result of other disorders rather than a standalone issue. Many children with autism also have sensory processing disorder. Other conditions such as ADHD, sleep disorders, schizophrenia or developmental delay can all result in a child experiencing sensory processing disorder.



approach involving the child's doctor, a psychologist and an occupational therapist can be a good plan as it addresses the disorder from a variety of angles. This way, parents will gain a clearer understanding of what their child is dealing with and how to manage it as well as possible.

If your little one is hyposensitive, regular sessions with a physical therapist can help. They will create an exercise routine for your child that will help them to physically express themselves in a safe manner. For hypersensitive kids, a physiotherapist can assist in working on motor function to overcome clumsiness or difficulties with balance.

WHAT PARENTS CAN DO

Sensory processing disorder is a medical grey area, so it can be hard to know how to proceed, but there are things you can do. Besides seeking medical support, it's important to sit with your child and ask them how they are feeling. Encourage them to express themselves and listen closely to what they have to say. Speak on their behalf to doctors and therapists and represent their needs as accurately as possible.

While it can be tough to know that there is no one-size-fits-all cure available for sensory processing disorder, try to focus on finding ways to make each day less uncomfortable for your child. Once your little one has the tools to overcome some of these obstacles, they will be better able to live happily and thrive.

POSSIBLE CAUSES

Studies suggest that sensory processing disorder may be a result of complications during pregnancy or birth. Examples of these are:

- ✓ Stress in the mother
- ✓ Substance abuse during pregnancy
- ✓ Prematurity
- ✓ Lower weight at birth

Children who experience unhealthy childhoods, whether it's a poor diet or a dysfunctional household, are also more likely to experience sensory processing disorder.

While sensory processing disorder is generally accepted, there is no official route to a diagnosis. Medical practitioners instead

tend to treat children on a case by case basis, by trying to identify which senses the child is struggling with and advising on ways to help limit the discomfort.

TREATMENT OPTIONS

You may notice that your child is struggling or becoming overwhelmed by their senses. If this becomes a common occurrence, or if you are concerned that your child has sensory processing disorder, don't hesitate to contact your little one's doctor. They will offer a qualified opinion and enable you to look for further support for your child.

A multi-pronged approach

There is no standard procedure for treating sensory processing disorder. A multi-pronged



EDUCATION



A look at senior
school at Durham
and the latest
findings about the
future of education!





THE FUTURE OF LEARNING

A new study looks at how different skills will be needed for the future success of children than those we have traditionally focused on. Let's take a look.

A recent study on the future of learning by Citizens School Dubai has looked at ways educators may need to re-imagine education, to better equip children with the skills needed to thrive in an unknown future. Happily, the findings showed that the UAE is taking a leading role in supporting a curriculum that focuses on the development of entrepreneurial, technological and critical thinking skills that will stand to students in the years to come.

The study surveyed over 1200 UAE parents on how they perceived the quality of education, and the results are very interesting. Almost all parents surveyed (91%) chose creative thinking as the most important skill required by children to ensure future success, with mental wellbeing seen as the second-most important skill. Confidence was widely selected as the third-most important skill, while social responsibility came in fourth place. Lastly, 87% of parents considered digital literacy to be the next most vital skill, rounding out the top five skills. In a departure from traditional thinking, the ability to take exams and tests came very low (11th place) on the list of skills that parents believe are important for a child's future success. This begs the question how well are UAE schools cultivating these skills? Well, 58% of parents chose confidence, creative thinking, mental wellbeing, digital literacy, and the ability to take exams and tests as the top five skill sets being cultivated by UAE schools, meaning that there is a huge overlap in what parents see as important and what they feel their children are receiving from our

education system. Resilience, inclusivity and entrepreneurship were identified as areas for schools here to focus on to better prepare future-ready children.

Hisham Hodroge, Chief Executive Officer of the school, charts the importance of reimagining educational journeys with the child at its centre. "The current education system focuses on one pathway, the examination, which is essentially a transfer of information from teacher to student. This model needs to evolve when considering that data suggests many nursery-aged children today may well have to be either self-employed or entrepreneurs to generate income. This requires a different learning philosophy, aimed at building mindsets that are ready to seize opportunities, lead change and understand that success and failure are necessary for personal growth."

Speaking about what this means for educators, Kephren Sherry, Head of Primary at Citizens School Dubai, adds "We must encourage our students to take ownership of their learning, empower them to explore their passions and to experience success and to deal with failure, seeing failure as a meaningful step to subsequent success"

At a time when Dubai is evolving in a direction led by rapid technologies and multi-faceted job roles, the findings touch upon the importance of helping children develop skills and competencies that make them more adaptable to the realities of tomorrow. It provides interesting food for thought on the education system and how it will shape children today into the success stories of the future.



SENIOR SCHOOL AT DURHAM

Here, we take a look at what Durham School Dubai has to offer secondary school students.

In September, the secondary department at Durham School Dubai will be extended to accommodate Year 9, and the school is also expanding to two forms per year group, with a maximum of 20 pupils in each class. These are exciting times for the school, which opened last September on Dubai Investments Park adjoining the Green Community. Let's take a deeper look.

THE DURHAM APPROACH

As children progress through school, the focus naturally turns to IGCSE examinations at the end of Year 11 and A-level examinations at the end of Year 13. Ultimately and understandably, parents will judge a school on its academic results and like every school, Durham School Dubai is totally committed to getting the best results possible for each child. Unlike many schools in Dubai however, Durham has the luxury of having a small secondary school, combined with small classes. This enables the school to really focus on supporting every individual. The early years of secondary school can be tricky - there is a lot going on in the children's lives. Academic expectations aside, they are also dealing with growing up and all that entails. It is a time when parents are 'embarrassing' and the easy relationships enjoyed between parents and their children while they were young become more complicated. At this stage, rather than parents being excluded from a child's education, it is the time when they should be very much involved, so that they can support children and help them with all the issues they are dealing with. Durham School is fully committed to pupil well-being and pastoral care. Small numbers enable the school to really get to know the children, understand what makes them tick and help them grow, not just academically, but socially and emotionally. At this stage we also maintain close relationships with parents; this is a crucial partnership that will ultimately be of great benefit to every child.

SUPPORTING STUDENTS

Just like its 600-year-old headquarters in the UK, Durham School Dubai focuses on bringing out the best in all its pupils. Durham School is proud of its record in 'value added', a measure of the progress pupils make from starting points, where it is ranked third in the UK.



"Not all children are cut out to achieve excellence in academia - they are not all going to gain 9s or A*" explains Principal Mark Atkins. "What is vital is that the school helps them to do the very best that they are able to. This means identifying areas of strength and weakness early, with close support for those subjects they find difficult and encouragement to excel in those subjects and areas where they have talent and interest. It is essential for parents to recognise that not every son or daughter is going to follow their parents into law or finance and that other rewarding careers exist. Furthermore, academic success alone is no guarantee of success in life. What must never be overlooked is the importance of social skills, confidence, leadership and kindness - the qualities that make an individual stand out from the crowd, the qualities that can really help them make a difference in the world."

TEACHERS WHO MAKE A DIFFERENCE

In the summer, Durham School Dubai welcomes an influx of new staff, the overwhelming majority of which are from the UK, with many years of teaching GCSE and A Levels in a broad range of subjects. Atkins is thrilled with the talent of the teachers already at the school and of those joining. He tells us "They have a track record of success and great results, yes, but our teachers are also selected for their personality and broader commitment to the development of the pupils - positive, engaging, inspirational individuals who will be remembered long into the future as teachers who really made a difference".

For more information, please visit www.durhamdubai.com or email info@durhamdubai.com.

SCHOOL & FAMILY BREAKS



The best destinations
at home and abroad
for celebrating Eid
with your loved ones!



A LUXURY GETAWAY THIS EID

When it comes to getting away to celebrate this Eid, Marriott Bonvoy has you covered with perfect places for a gorgeous family vacation.



This Eid, Marriott Bonvoy's array of destinations, just a stone's throw from the UAE, provide the perfect opportunity to celebrate the end of Ramadan. Whether you're looking for a spiritual escape or simply want to immerse yourself in tradition, these hotels offer exceptional service and amenities to make for an unforgettable stay with your family!

PARKLANE, A LUXURY COLLECTION RESORT & SPA IN LIMASSOL

With a secluded beachfront location, Parklane captures both the essence of Cypriot hospitality and the cosmopolitan aura of the island. The hotel features a collection of 222 rooms, 34 suites and 18 villas beautifully designed by Harrods Interiors and decorated with art pieces by Atelier 27 Paris. Boasting the award-winning Kalloni Spa, Parklane could be the ideal location for you and your

loved ones to relax this Eid. Food becomes art at the hotel's renowned restaurants, NAMMOS and LPM, where you and your family are sure to be truly satisfied.

MARRIOTT IZMIR

Marriott Izmir is the perfect destination for an unforgettable Turkish getaway. Located in the heart of the city, the premium hotel offers impeccable service, comfortable rooms and a wide range of amenities for a relaxing stay. The hotel's stunning rooftop terrace provides breathtaking city views and is the perfect spot to relax after a long day of exploring. With its prime location and exceptional hospitality, Marriott Izmir promises an enriching, authentic and inspiring stay that will leave you and your children with memories lasting a lifetime.

BURDOCK HOTEL ISTANBUL, AUTOGRAPH COLLECTION

Witness the magic of Istanbul at the Burdock Hotel in the historic centre of the city. Your family can chill out on the stunning rooftop terrace, while taking in panoramic views of the city and the Bosphorus Strait. With impeccable high standards, the Burdock Hotel Istanbul promises to deliver a memorable and enriching holiday for all the family, so book your stay now and surround yourself with the rich culture and traditions of Istanbul during this special time of year.

RENAISSANCE POLAT ISTANBUL HOTEL

Situated in one of the world's most vibrant and bustling cities, Renaissance Polat Istanbul Hotel provides breathtaking views of the Marmara Sea and the Princess Islands. Its sophisticated decor, welcoming atmosphere and unparalleled hospitality make it an ideal venue to celebrate Eid with your loved ones. With its luxurious amenities, superior service and panoramic views, this hotel will provide you with an unforgettable stay.

FOUR POINTS BY SHERATON DOHA

With its lush setting and welcoming ambience, Four Points by Sheraton Doha is a stunning

destination to gather with family and friends to celebrate Eid together. You and your nearest and dearest can indulge in a sumptuous buffet of traditional Arabic and international cuisine in Mushaireb Restaurant, with a wide range of delicious dishes to choose from. Four Points by Sheraton Doha also has a first class wellness centre and an outdoor pool, encouraging you and your loved ones to take a well-earned rest!



THE ULTIMATE EID STAYCATION

Celebrate this Eid with an out-of-this-world staycation in some of the finest resorts Dubai has to offer.



Eid is a truly special time of year to reflect on Ramadan, celebrate and focus on your connection with your loved ones. This can be a wonderful opportunity for a staycation for families and friends, and Dubai is home to a variety of superb resorts. Whether it's a rejuvenating stay by the ocean at One&Only The Palm or One&Only Royal Mirage, or a serene getaway to the iconic Bab Al Shams Desert Resort, these unique properties provide the perfect backdrop for the ultimate Eid staycation.

A LUXURIOUS ISLAND RETREAT AT ONE&ONLY THE PALM

If you're looking for an opulent private retreat right here in Dubai then look no further than One&Only The Palm. Located on the furthest tip of The Palm's West Crescent, the resort is surrounded by manicured gardens, featuring secluded suites and villas with sparkling private pools and round-the-clock service. Guests have exclusive access to a stunning golden beach, perfect for relaxing in the sun and taking a dip in the ocean.

To make the most of this Eid, there is a whole range of activities to suit thrillseekers and culture enthusiasts alike. Treat yourself and your family to an aquatic adventure on a private boat, chill out on a yacht cruise or take in the history of Dubai's cultural sites.



If the kids want some play time, check out The Kids Only Club. Here, little ones can avail of all sorts of activities including board games, crafting, painting, bubble blowing and more.

This long weekend can be the perfect chance to give back to yourself. For a rejuvenating wellness experience, The Guerlain Spa at One&Only The Palm promises exactly what you need. The spa is accessed through a breathtaking courtyard inspired by the architecture of Andalusia's Moorish palaces, curating a feeling of calm sanctuary. Combining centuries of expertise in the quest for beautiful skin with sheer indulgence, the Parisian beauty house features suites for individuals and couples, as well as a relaxation room, private swimming pool and a charming lounge.

For more information or to make a reservation, please visit www.oneandonlyresorts.com/the-palm

SAVOUR BEACHFRONT LIVING AT ONE&ONLY ROYAL MIRAGE

For families seeking an Eid holiday with feel-good activities for all ages, One&Only Royal Mirage is the perfect destination to enjoy some time off with those who matter most. Resting on a private beach overlooking The Palm and nestled within 65-acres of landscaped gardens, the legendary One&Only Royal Mirage conjures stylish Arabian hospitality with the modern backdrop of the spectacular Dubai Marina skyline, effortlessly combining the traditional with the contemporary.

During sun-drenched days, guests can enjoy access to the resort's tranquil private beach and two flawlessly temperature-controlled swimming pools, framed by stunning views. The Palace Pool is surrounded by lush lawns and swaying palm trees, while the adults-only Al Janoub Pool features an infinity pool overlooking the new Dubai Harbour Marina, with private gazebos and shaded sun lounges.

The One&Only Spa offers you the opportunity to experience serenity and indulge in the award-winning Oriental Hammam.

Additionally, guests can enjoy use of One&Only's fitness centre, three floodlit tennis courts and two padel courts free of charge. As if that wasn't enough you'll also get 25% off water sport activities and complimentary access to Aquaventure at Atlantis The Palm, the world's largest waterpark!

For more information and reservations, please visit www.oneandonlyresorts.com/royal-mirage

EXPERIENCE DUBAI'S ICONIC HERITAGE DESERT RESORT AT BAB AL SHAMS

Nestled within the glistening golden dunes of the desert on the outskirts of Dubai, Bab Al Shams offers a secluded sanctuary for those looking to escape the city with loved ones this Eid. The recently reimagined heritage resort is the original immersive desert experience in Dubai, featuring architecture and interior design inspired by the earthly tones of the desert throughout the day. The iconic resort blends in seamlessly with the surroundings, with 115 lavish rooms and suites housed in 16 two-storey buildings. A modern oasis, the resort is a relaxing haven with a subtle Moorish influence.

Bab Al Shams is sure to offer exceptional hospitality. Their theatrical and aromatic fine dining features local produce and responsibly sourced ingredients to ensure even the most discerning palate is satisfied. Ideal for those looking to unwind, The Desert Spa features rejuvenating treatments and mindful therapies inspired by diverse world traditions and contemporary techniques, inviting guests to step into a calming mirage of holistic stillness.

Guests at Bab Al Shams are encouraged to take part in an array of unique and unforgettable nomadic desert adventures. Kids and adults alike can enjoy activities such as camel riding, discovering the ancient sports of falconry and archery, or a guided walk among the desert dunes. The magnificent Bab Al Shams Desert Resort is guaranteed to provide a spectacular experience for all the family this Eid.

For more information and reservations, please visit www.babalshams.com



HOME & GARDEN



The benefits of
customised furniture
and expert advice for
transforming your
home!



CUSTOMISED FURNITURE WITH ELLI JUNIOR

*Elli Junior tells us all about their
customised furniture and design service,
to help you create the perfect bedroom or
playroom for your little ones.*



Elli Junior is committed to providing children with premium quality furniture for their unique needs. We work with the best Swedish designers and use high-quality hardwood to make gorgeous cribs, beds, toy chests, desks, tables, wardrobes, storage and much more. We can customise the furniture in size and colour, to create a perfect room for your little ones. If you can dream it, we can build it!

FULL INTERIOR DESIGN

Decorating your kid's room always presents a unique challenge. Sit back, relax and let our experts do a full room design, that includes customised furniture, wallpapers, lights, curtains, carpets, decorations and everything else you need in order to create a magical space according to your child's current wants and future needs.



CUSTOMISED FURNITURE

Most children spend a lot of time in their bedrooms, as it's their little private sanctuary. Used for sleeping, playing and working, it follows that their space should be a reflection of their little personalities. From wood to fabrics to laminates, custom-designed furniture can incorporate different materials and patterns to meet your requirements, as well as your desires. You do not have to settle for the options offered by the furniture store. Only your imagination can hold you back - but do not worry, as your interior designer will help you along the way! When you choose custom furniture, you're not only choosing a design, you're choosing quality and durability.

Baby cribs

If you are expecting, you're probably dreaming of creating a perfect space for your baby. Do you want a crib that grows with your baby? Regular or convertible? Maybe an under-crib drawer? We can make them all, using the highest quality material to keep your baby safe. If you're feeling unsure, let our designers guide you and help you choose the right crib for your nursery!

Toddler beds

The transition from a crib to a toddler bed can be overwhelming for both parents and children.

When you decide to do it, you need a bed that's low to the ground to prevent injuries if you have an active sleeper. Our adorable toddler beds will make this transition smooth - we can customise the bed frames, slats or any other accessories you want to include.

Bunk and house beds

Children bounce on beds. That's just a fact of life. They also like inviting their siblings, cousins and friends to bounce on the bed with them. So, unlike a normal single bed, a kid's bed needs to be seriously durable. Our customised beds are not only high-quality, but we make sure their unique design matches your child's individual personality and needs.

Wardrobes and storage

From their toys, games and books, to their ever-changing wardrobes in multiple sizes, kids come with a lot of items, so it's always practical to have additional storage in their room. Whether you want storage to be incorporated into your child's bed, or you prefer individual wardrobes, we can make it happen. Options with 100% customised furniture are unlimited! Get in touch with our team for a free quotation.

For more information, visit www.elli junior.com or find us on Instagram @elli junior



INTERIOR DESIGN SECRETS THAT EVERYONE SHOULD KNOW

We talk to three different design experts to find out the home décor tips and tricks that make the biggest difference.

Furnishing and decorating a home and putting your personal stamp on your surroundings can be an incredibly enjoyable process - but also a daunting one. From choosing the colours of the walls, selecting the hardware and deciding on the upholstery and accents, there are countless decisions to make. How do you even begin to navigate your home décor project?

DON'T FOLLOW TRENDS BLINDLY

Jon Spurlock, VP of Global Creative Design and Development for Christopher Guy, confesses that his number one decoration tip is to shirk trends and choose what you love instead. "We all at some point follow the trend on what is buzzy and new. In an era of media and marketing, we all get told what to buy and how to style our homes, but start with what you love - not with what anyone tells you to do" he muses. Be it a striking piece of art, a piece that has been passed down through generations or a statement wall, Spurlock tells us homes should be built around pieces or design elements that you will never tire of.

BE BOLD

"If you think it is fabulous - use it," he advises. "While it is a cliché, your home is your castle. The home is where we hang our hats, it is where we raise families and create memories. Therefore, why not put outlandish fabric on the sofa, or have a statement wall? The home is where you will spend most of your life."

Spurlock also comments that even if you don't know what you do love, you often know what you don't love. "I don't like oranges or light-coloured furniture, for example. Don't be tempted to surround yourself with something you don't like."

QUESTIONS TO BEGIN WITH

When it comes to beginning, nobody needs to feel daunted. “A room generally has four walls,” Spurlock says. “So first you want to start with the palette - is it going to have contrast or one colour palette? Is it going to be contemporary or monochromatic? Will it have window dressings and if so, will they be soft or hard? Will you choose modern and contemporary or traditional?”

DON'T BE AFRAID

Don't stick with the usual. “Don't go with the staid,” Spurlock implores. “We can get 'beiged-out'. Do something unexpected. Go with a hot pink statement wall or the stand-out fabric.” Once designers make these all-too-important decisions, they should begin to incorporate the accents that can transform a room” he adds. “Start from the ground up and pick a fun rug. Get small accents - go to an art fair and choose something from new and upcoming designers. You will transform your home as you collect. Also, small sculptures, artwork and abstract pieces are all accents that can make your home stand out.”

COMFORT AND DETAILS

Diala Al Moussawi, Head of Design at Collide, thinks that when it comes to the ultimate styling tips everyone should know, whether it comes to a full-blown renovation or a quick makeover, there are timeless pointers to remember.

“Focusing on design is nice but comfort is always essential - so know how to choose the right furniture items,” she said. Choosing the right accents is also key, pointing out that coloured pillows, sculptures and vases can brighten and add warmth to rooms. Statement-making pieces can transform a home from simple to striking. “Oversized chandeliers are also a timeless tip - and a big trend in 2023 - and also consider old vintage pieces to add depth to the room.”

No room is complete without the right light feature according to Al Moussawi, who points out that many people don't pay enough attention to their lighting. She advises choosing inner lights with dimmers to give the right ambience day and night. When it comes to furniture, Al Moussawi loves to see people play with different proportions and choose items that have 'perfect imperfections', such as natural curved shapes for furniture and accessories.

CREATE A MOOD BOARD

Becki Willis, the founder of Studio Van Oliver, a UAE-based interior design studio, specialising in residential design, home renovation and styling, thinks that the first step in any design project is to get comfortable with your style direction. “Search for inspiration on social media (Pinterest and Instagram are my go-tos), save everything to a board and once you have a collection of images, stand back and evaluate” she advises. “Ask yourself why you like a particular image. How does it make you feel? What common threads can you see amongst your images? This will help you define a style that you can work towards. It also helps to think about what materials and colours you want to use. Try to stick to using two or



three colours and two to three materials or finishes in your room that are reflective of the look you are trying to achieve.”

THE POWER OF ACCESSORIES

Willis adds that the little details add up to make the biggest difference, so put just as much time and effort into choosing your accessories as you would for your main furniture. “You can completely change the look and feel of a space just by changing the accessories” she says. “Imagine two living rooms with the same white sofa. Pair one with black and tan leather cushions and oversized geometric artwork. Add oatmeal and blue striped cushions and a jute rug to the other. You have two totally different spaces! It's much more affordable to change your cushions every year or so than your sofa, so have fun with it.”

Ultimately, when it comes to styling a home, choose pieces that make you happy. There is nothing better than walking into a room and seeing a collection of your favourite things, beautifully styled. That's what 'home' should be.

GOOD LIVING



The best skincare gifts for Eid; a cooking relay event and some exciting competitions!



These affordable and beloved products make a lovely Eid gift to yourself or your loved ones for a touch of celebration and self-care!

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

A hidden gem of the beauty world, M&S Beauty's trusted products are tailored to offer easy solutions for most of our skincare needs. This month, their most popular skincare lines are available for the first time across the region.





REVIVE YOUR SKIN

I'm sure you will love Revive, a holistic skincare line that treats skin, mind and soul for a boost to your overall wellbeing. The line contains eight products that have been clinically proven to create a full and ultra-effective skincare regime, suitable for all skin types and genders. I particularly love their Daily Replenishing Serum (AED 119) and their Radiance Boosting Face Oil (AED 119), but the line also includes a toner, day cream, eye cream and a deep cleansing clay mask.

Each product consists of powerful plant-based actives, nourishing oils and the star of the show - Hyaluronic Acid, to revive, replenish and reveal your healthiest skin yet. The range comes with a beautiful blend of essential oils, including eucalyptus, lavender, lemongrass and sandalwood. The range is perfect for a ritualistic and intentional experience that will leave you with a gorgeous glow!



THE PERFECT FORMULA

Formula is one of the UK's best selling skincare lines and happily, it's now available to all of us skincare aficionados in the Middle East. Powered by innovative technologies, Formula boasts cutting edge smoothing serums, plumping creams and intensive treatment masks.

The collection is made up of three sub-ranges:

- ✓ Prevent and Brighten: Ideal for those just starting their skincare journey
- ✓ Restore and Nourish: Tackles the signs of ageing
- ✓ Sleep and Replenish: Does all the hard work overnight

I personally get a lot from the Restore and Nourish Illuminating Cleansing Balm (AED 79) which helps keep my skin clean, and the Prevent and Brighten Dark Circle Correcting Eye Cream (AED 99), which tackles those pesky dark under eyes!

PURE MAGIC

With 95% of its ingredients derived from the natural world, PURE is a complete vegan range, offering products formulated with no parabens, artificial colours, synthetic fragrances, silicone



or mineral oils. The PURE line includes three ranges tailored to a variety of needs. These are:

- ✓ PURE Ultimate Cleanse: Cleans, soothes and hydrates your skin for a brighter complexion
- ✓ PURE Natural Radiance: Improves resilience and luminosity to unveil firm, glowing skin
- ✓ PURE Super Hydrate: Rejuvenates and restores tired skin

Eid is a good example of a time when we like to spread joy, to be intentional and bring a happy smile to others. The gift of lovely skin and a little pampering is an ideal way to show your favourite people some love and care!

Visit www.marksandspencerme.com for further information and to shop online.





THE IKEA YAS MALL COOKING RELAY COMPETITION!

The Al-Futtaim IKEA store in YAS Island, Abu Dhabi staged its Cooking Challenge for our Abu Dhabi mums last month and here's what happened!

Everyone can recall home-cooked dishes that taste the best when made by their mother. Al-Futtaim IKEA recognises that the best cooks in the world are mothers and invited mothers in Abu Dhabi to take part in a fun cooking competition last month.

THE CHALLENGE

Two teams, each consisting of six mums, had to work together to recreate two dishes from Al-Futtaim IKEA Yas Mall's culinary team - Smoked Salmon and Red Cabbage and a Plant Ball and Salad Wrap. Sounds straightforward? Not when six ladies in each of the

teams had just 30 minutes to absorb the details of two separate recipes, study the premade examples of the dishes and decide which of the six ladies in the team would work on which elements, as well as how much time each step would take. Oh, and they had to execute the dishes to the exacting standards of The Judge, the man in charge of the sumptuous food offerings at Al-Futtaim IKEA Yas Mall's popular family restaurant.

THE TEAMS

The ladies were divided into two teams:



Team A was made up of mums: Agnes Linelejan, Feira Simatupang, Mathilda Dewi, Novilsya Theo, Rini Octaviani and Nida Hasan.



The Team B ladies were: Aafia Mubashir, Alifiya Majunga, Ameera Hameed, Shafaq Fahad, Sumaira Khan and Hira Zia (Founder of www.HirazKitchen.com)

THE KIDS CAME TOO!

A beautiful support squad of the children of each team of mums was on hand to not only cheer their mums, but also to taste the final dishes prepared by their mothers' teams. The enthusiasm of the kids, combined with the focus and time pressure of the teams doing the challenge made for a wonderfully exciting family atmosphere! And happily, all the children thoroughly enjoyed the mothers' recreations of the Al-Futtaim IKEA dishes!

THE JUDGING

The Judge delivered his verdict on the winning team, pointing out that the competition was very close, but he favoured the team that not only cleaned their workstations as they went along (as professional chefs are trained to do!), but also the team that added their own twist to the seasonings. He declared that Team A were the winners of the Al-Futtaim IKEA Cooking Challenge!

After the cooking, all the mums and children sat down together to eat in Al-Futtaim IKEA's buffet restaurant and celebrate not only the winning team, but all of our achievements as women who feed our families!

THE WINNING TEAM

The winners were Team A - comprised of Indonesian friends Agnes, Feira, Mathilda, Novilsya and Rini, together with their team-mate Nida. When the winners were declared, the ladies were delighted, but the biggest cheer came from the children.

The winning team were awarded boxes of IKEA goodies, with the runners-up receiving gift baskets from the team at IKEA Yas Mall, Abu Dhabi.

THE CELEBRATION DINNER

The cooking challenge ended on a suitably foodie note, with both teams and all the children heading to the Al-Futtaim IKEA buffet restaurant to sample and enjoy delicious offerings from a family restaurant that delighted all the taste preferences of the wonderful mothers and children.







HIGH QUALITY LEATHERWARE LABEL TIGER MARRÓN IS HERE

Known for its luxury leatherware fashion and accessories, I am happy to let you know that Tiger Marrón has officially launched in the UAE. The gorgeous leatherware brand produces unique handcrafted leather accessories like totes, clutches, wallets, laptop bags and sleeves, belts and other items for both men and women.

A wealth of experience

The brand's mastermind Tiger has years of experience with leather tack and equestrian sports, giving him the ability to handle a material that is usually tricky to work with, translating his passion into eye-catching statement pieces. It's clear from the craftsmanship that these handmade accessories are created with a deep understanding of the true grit, structure and stability of the luxe material used in each product.

A world of choice

Tiger Marrón specialises in classic and unique pieces. From spacious bags to briefcases, card-holders to belts, and even keychains and watch straps, each piece is carefully made to perfection using unique designs. All products are top grain biodegradable leather, with recycled vegan leather options to choose from too.

Good for everyone

The sustainable and environmentally conscious brand uses a simple business model and incorporates nature friendly positive manufacturing through its processes. Tiger tells us "We are thrilled to bring our products to the UAE, we have a lot to offer and feel confident that our leatherware is a great fit for the market. The style and quality of our product is not just surface-level - rather, it runs deep and accentuates a person's identity. Tiger Marrón is a high-end

yet environment-friendly leatherware label that is sure to compliment every individual's taste and style"

Visit www.tigermarron.us to browse and buy Tiger Marrón's products, with shipping now available to the UAE.

BE RADIANT THIS EID WITH RIZWAN FASHION

Rizwan Fashion, the luxury Emirati heritage brand, is focused on glamour, with a stunning collection of modest wear, embellished with Swarovski® Crystals. Bespoke sparkling abayas, kaftans and jalabiyas have always been the hallmark of Rizwan Fashion's unparalleled vision of what modern modest wear can embody. Each customised piece combines modesty with elegance to elevate the atmosphere at every affair. Timeless yet trendsetting, to choose a one-of-a-kind Rizwan creation is to be bold whilst honouring tradition.

Style and sophistication

This Ramadan and Eid, Rizwan Fashion invites modest wear connoisseurs to discover a new definition of discreet glamour. The homegrown brand has partnered exclusively with Swarovski® to create wearable art, accentuated with flashes of brilliance such as hand-embroidered collars, featuring gold and silver thread work and infused with dazzling crystals.

Embodying pure artisanal craftsmanship and effortless glamour, Rizwan Fashion's bespoke creations can easily be worn for any occasion during the Holy Month or during Eid celebrations with those you love, integrating perfectly with luxury Iftar events and intimate family gatherings. Crafted to be as unique as the wearer, each outfit sets the tone for every event, allowing you to express understated sophistication and reserved beauty in true style.

COMPETITIONS

motherbabychild.com/competitions

WIN! A FAMILY BRUNCH AT JONES THE GROCER JBR DUBAI, WORTH AED 700



Jones the Grocer JBR Dubai, located at Delta Hotels Jumeirah Beach Dubai, is giving away a table for four to explore their sumptuous family brunch for two adults and two children. Every Sunday from 1pm to 4pm, the special brunch features some of Jones the Grocer's favourite dishes. You can expect to see sharing starters like sliders, salads, sweet potato fries, spicy croquettes and more. For mains, there's plenty to choose from, including Florentine eggs, eggs Benedict, chilli and garlic linguine and grilled harissa chicken. For dessert, you will find delightful treats on the dessert sharing board, including lemon meringue tart, pistachio milk cake and honey cake. For little ones, there are a number of fun activities such as face painting, arts and crafts and an ice cream counter! Lastly, located right next to the Jones the Grocer's outdoor dining terrace is the JBR playground where kids can play to their heart's content. This prize is a table for four, inclusive of two adults and two kids.

WIN! AN ELEGANT BLOOMING RAMADAN LOOK ONLINE FROM OKAIDI.AE, WORTH AED 500



Get your little one ready to shine this Ramadan with Okaidi Obaibi's new capsule! One lucky winner will get the chance to enjoy products worth AED 500 from Okaidi.ae. From bright, timeless outfits to elegant accessories, dress your little ones with coordinated

looks to enjoy memorable moments of love and togetherness with family and siblings. Okaidi Obaibi now has a new online shopping destination where you can experience a world of colours and comfortable kids' wear - Okaidi.ae, the ultimate destination for fashion-forward families. Shop now and enjoy the best in quality, style and service!

WIN! A FRANGIPANI BODY NECTAR NOURISHING WRAP FROM THE MANDARA SPA, WORTH AED 500



This is your chance to indulge in a complete full body rejuvenation treatment at the Mandara Spa, at The H Dubai. One lucky winner will be able to enjoy an incredible Frangipani

Body Nectar Nourishing Wrap that is designed to send you to new levels of bliss. Let the velvety texture of Monoi Oil bring intense hydration to your thirsty skin, cocooning you in warmth whilst the mood-balancing aromatics and skin-conditioning oils perform their magic. Enter now to be in with a chance of winning this gorgeous spa experience where your worries will melt away into obscurity.

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!

GOOD LIVING

WIN! A GIFT CARD FROM ROOTED REGIMEN, WORTH AED 500



Rooted Regimen is a non-toxic home care solution made of only natural ingredients that are an effective alternative to the chemicals found in most home care products. The refillable kit contains an All-in-One Concentrate and Bio Boost powder, both made of 100% plant and mineral based ingredients that are safe for everyone, including infants, pregnant women, and those who have

chemical sensitivities or allergies. This non-toxic cleaning kit covers all of your home care needs, from floor cleaning to laundry and everything in between. These affordable, clean home care products are a must-have for a healthier home and planet. One lucky person will receive a gift card worth AED 500 from Rooted Regimen.



WIN! A BREAKFAST AND POOL FAMILY PASS AT THE MARKET PLACE, MARRIOTT AL JADDAF, WORTH AED 500

The winners of this exciting competition will receive a voucher worth AED 500, which includes a delicious breakfast at the Market Place and a pool pass for two adults and two kids. This is the perfect opportunity for families to enjoy a fun-filled day out, with plenty of relaxation and entertainment for everyone. Whether you want to splash around in the pool, soak up the sun, or simply unwind with a tasty meal, this voucher has something for everyone! So don't miss out on your chance to win this fantastic prize and make some unforgettable memories with your loved ones.

WIN! A DRINK DRY MARTINI HAMPER, WORTH AED 500



This is the perfect chance to win a delicious Drink Dry hamper that includes a bottle of exquisite Martini Dolce, perfect for sipping on its own or mixing in non-alcoholic blends, two beautiful flute glasses to enjoy your drinks in style, a selection of mouth-watering chocolates to indulge your

sweet tooth, a recipe booklet to take your non-alcoholic concoction game to the next level, a voucher worth AED 150 to use on www.drinkdrystore.com, and lastly, a blend spoon and jigger to ensure you have all the necessary tools to elevate your drinking experience and impress your friends and loved ones with your bartending skills...and all of this, without any alcohol!

WIN! A VOUCHER FROM THE BRITISH SALON, WORTH AED 500



The British Salon is a homegrown salon offering a wide variety of beauty services, including hair colouring, cutting, blow dries, hair extensions, brow and lash extensions and more. Located in the heart of JLT, the salon makes all customers feel welcome and offers an atmosphere that feels like home. One lucky winner will receive this voucher and get the chance to avail of any service worth AED 500, so be sure to enter today!

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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