

ISSUE 143 | MAY 2023 | DHS15

Mother Baby & Child

**A PARENTAL
GUIDE TO TIKTOK**

**FOODS THAT
BOOST KIDS' FOCUS**

**PREPARING FOR
SUMMER CAMP**

**WHY BEDTIME
ROUTINES MATTER**

**KEEPING YOUR
HOME SECURE**

**CREATING
A HEALTHY
EXAM
MINDSET!**



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EDITOR'S LETTER



Hello Mum!

Summer is rolling in, and in many cases, this means preparing children for exams. On page 20, we look at some great foods to incorporate into your little one's meals to help them focus, so they can do their best! Then, on page 26, we explore the importance of mindset when it comes to tackling exam season, by looking at how you can boost your child's psychological stamina and morale during this demanding time. I hope you find some useful pointers that give you and your children even more reason to celebrate soon!

I'd love you to check out page 16, where I've included an interesting article all about TikTok, and the parental controls you might like to know about. The tips we've discussed should help you to make sure your child develops the digital habits and norms that are right for your parenting style and your family.

Summer camp can be a social highlight for many kids, but there are some shy children who really struggle to enjoy it. There's a great piece on page 28, that dives into ways you can prepare your little one, so they have the confidence to try different camps and put their nerves behind them!

This is a wonderful time of year to think about planning a family holiday for the summer. We've got you covered, with plenty of ideas to suit all the personalities you may have in your house! From an action-packed island adventure, to the glamour of London, and even a relaxing retreat right here in the UAE, there is something for everyone. So, make sure to go to page 38 for some vacation inspiration!

Elsewhere, on page 43, we discuss the best practices for keeping your home safe while your family is away and on page 24, we look at the immense benefits of 'peaceful parenting'. From enhancing your household's relationships, to leaving behind unnecessary stress, the positive effects of a more peaceful approach are very interesting.

You know that I don't like to spill all my tea here, but rather, I'll leave you to discover the magazine for yourself! My only clue is a gentle nudge to enter our competitions this month - you never know if this is your lucky month to win!

Take care and see you soon!

Ella

Editor

Mother, Baby & Child Magazine

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Editor's PICK

PROTECT YOUR BABY'S SKIN WITH CORINE DE FARME

I am thrilled to be able to talk to you about an interesting line of products from Corine de Farme, made of 100% natural extracts that soothe, nourish and maintain healthy skin for little ones.

Nobody is as renowned in skincare circles as the French are and this brand is no exception.

Expert in caring for the sensitive skin of babies and kids, Corine de Farme has been known for its clean, no-nonsense, gentle skincare for over three generations.

Formulated with children's skin in mind, some of Corine de Farme's essential picks, in my opinion, include their biodegradable Water Essential Baby Wipes, their Hair and Body Shower Gel 2 in 1 and their Baby Lotion Natural Origin. Priced between AED 10.50 and 21.53, these products are great value and full of calming ingredients, just as nature intended.

The Corine De Farme range is available online at www.glambeaute.com and at leading hypermarkets, supermarkets and pharmacies in the UAE.



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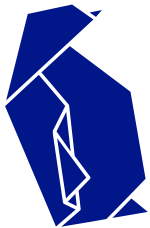
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- Innovation
- Budgeting
- Customer service
- Financial Literacy
- Teamwork
- Negotiation Skills

Age Groups: 4 to 5 Years

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RE:NOURISH - YOUR NEW HEALTHY KITCHEN SHORTCUT

As a mother, time is always scarce, and so I was delighted when I discovered the wonderful mealtime 'hack' that is Re:Nourish soup. This convenient kitchen shortcut saves time, but even better, it's healthy and delicious too - the perfect way to add tasty nutrients to your household's lunches.

Re:Nourish soups come in a variety of flavours, including tomato basil, roasted red pepper and lentil daal. Each option is packed with vitamins, minerals and antioxidants that help to boost the health of your family. The soups are also gluten-free, vegetarian and contain no preservatives, making them a great choice for those with dietary restrictions.

Whether you enjoy them on their own or use them as a base for other dishes, Re:Nourish fresh soups are a great product for mums looking for a quick, nutritious meal for the family.

Re:Nourish soups are available at Waitrose, Spinneys and Choithrams stores across the UAE. Follow @renourish_soup on Instagram to stay up to date.



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Our award-winning early childhood education programs are designed for children aged 3 months to 5 years old, meeting the highest standards of the Early Years Foundation Stage (EYFS) curriculum.

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THINGS TO DO



A digital show for
emotional wellbeing;
an eco-luxury event;
Japanese food for all the
family and more!



THE ULTIMATE LUNCH COMBO FROM PITFIRE PIZZA

Pitfire Pizza, the award-winning homegrown pizza joint, has just launched the ultimate Lunch Combo. Available exclusively on weekdays, this deal is sure to satisfy the wildest of cravings! You can choose from any of your favourite artisanal 10" pizzas, classic pasta dishes or Pitfire's fiery wings, accompanied by a refreshing green salad and a delicious beverage.

Pitfire Pizza is renowned for using only quality ingredients - from the light, fluffy dough, all the way to their tasty toppings and sauces bursting with flavour. Crafted completely in-house, each pizza is made to perfection, with utmost care. Pizza lovers can choose from classics such as the Plain Jane, or even signature creations such as Bill's Special.



Those feeling a little more adventurous can also sweeten up their weekday lunch with Pitfire's house favourite, The Palm - a unique concept inspired by the region's love for dates.

With a range of authentic pastas added to the mix, you and your family could also opt for any of Pitfire's other delicious dishes, including the Old Fashioned Spaghetti and Meatballs, the Chicken Penne Alfredo, the Spaghetti Arrabiata, and more. For a more meaty lunch, be sure to check out the juicy and tender Buffalo Chicken Wings!

Location: JLT Cluster D, Vincitore Boulevard and the outlet in Time Out Market

When: 12pm-3pm from Monday to Friday

Price: Starting at AED 39 for dine-in and AED 50 for delivery

For more information visit www.pitfiredubai.ae or check out @pitfire.pizza.dubai on Instagram.

THINGS TO DO



EXPLORE EMOTIONS WITH MONSIKIDS

The Theatre of Digital Art brings Monsikids to life, taking you on a journey to help explore different emotions with tiny creatures, who live in a dream world. Join TODA this May and follow Monsikids on their fascinating adventures, helping them find their own way in the complicated world of emotions.

Monsikids is a 360 degree digital show for children aged 4 to 7, that strives to improve emotional intelligence and teach kids that emotions are allies, not enemies. This is showcased in a way for little ones to understand and relate to, whilst still being able to enjoy and learn!

The plotline centres around Monsikids, who live on Harmony Island in the World of Joy. When Monsikids, like humans, have difficulty controlling their emotions, they are transferred to nearby islands – the Volcano of Anger, the Marsh of Envy, and many others. The Monsikids must confront their feelings in order to overcome the hurdles and return home.

Help your children understand their complex emotions in a positive way, leaving them with the knowledge and bravery to process their feelings. Make sure you catch this 'emotastic' experience (the Monsikids version of emotional and fantastic!), only at the Theatre of Digital Art.

Location: Souk Madinat Jumeirah, Dubai

When: From 5th-31st May

Price: Starting from AED 55

For more information visit info@toda.ae or call +971 4 575 4739.



PLAIN TIGER'S HIGHLY ANTICIPATED ECO-LUXURY POP-UP

Plain Tiger, the first and only platform dedicated to bringing globally trending eco-luxury brands to retailers and consumers in the Middle East, has announced its premier pop-up, co-produced with Apartment 7B, the luxury pop-up specialists. During the four day event, visitors will have the opportunity to shop innovative worldwide brands across fashion, jewellery, beauty, home decor and eco-living.



Step inside Apartment 7B, a recreation of the intimate setting of a trendy girl's apartment. You can explore the inside of her home and purchase everything, from her contemporary furniture to her edgy closet.

Participants include the French sustainable luxury womenswear brand Olistic, which combines minimalist silhouettes with a contemporary bohemian touch; GOOD Water Parfum, which

provides alcohol-free eco-friendly scents; Briiv, the world's most sustainable plant-powered air purifier and ALEJ jewellery, with pieces crafted using 'slow production' principles, and techniques passed down through generations.

Keynote speeches with leading retail innovators will take place, including a presentation by Rania Masri, who will be addressing the future of retail and the rise in demand for eco-luxury brands in the Middle East. Interactive panel discussions will also be hosted, where you can listen to insightful discussions with brand owners and industry experts.

Trusted by 400 brands, 100,000 consumers and the most desirable retail and hospitality partners in the region, Plain Tiger's inaugural Dubai pop-up is guaranteed to be a celebration of innovation, design and sustainability that you don't want to miss!

Location: Nakheel Mall, Center of Palm Jumeirah, Dubai
When: From 11-14th May

Check out www.plaintiger.co for more information.

EXPERIENCE THE ART OF JAPANESE GRILLING AT ROBATA



Just when you thought the Dubai dining scene couldn't get any better, Robata has launched at Caesar's Palace! Here you can experience Dubai's first Omakase Yakiniku Menu, with authentic Japanese Yakiniku techniques by multi award-winning master chef, Kenichi Osato. Robata is short for 'robatayaki' which translates from Japanese to mean 'fireside cooking'. It's a unique barbecue-style cooking technique that combines hot coals with a flat, open fireplace, called a hearth grill.

One of Robata's signature dishes is the charcoal grilled Nodoguro rice. Made with the most expensive fish in Japan, it's famed for its delicate and slightly sweet flavour, and Robata only uses the finest brand of Nodoguro, called 'Benihitomi'. You can also enjoy the authentic Japanese shabu-shabu hotpot omakase course, using A5 Kobe beef, as well as the traditional and authentic Japanese tempura course or the tantalising charcoal grill menu. Whether dining indoors or in the picturesque gardens surrounding the restaurant, you and your loved ones will be treated to beachside views of the Persian Gulf and a truly unique dining experience.

Location: Julius Building at Caesar's Palace Resort
When: From 10am-2am daily

For bookings and more information, visit www.robata.ae or call +97145566689.

MAKE THE MOST OF THIS MAY AT ROSEWOOD ABU DHABI



This May, why not take your family on a trip to the outstanding Rosewood Abu Dhabi hotel. This luxury five-star hotel features 189 spacious rooms and suites and 131 serviced residences, all with access to world-class amenities. The 34-storey urban retreat is a dramatic modern structure, inspired by the glistening Arabian Gulf and the vast desert that surrounds it. The property is conveniently located on Al Maryah Island - Abu Dhabi's business and lifestyle destination, and features direct, climate-controlled links to Abu Dhabi Global Market offices, Cleveland Clinic Abu Dhabi and The Galleria shopping mall. Rosewood Abu Dhabi embraces Rosewood's 'A Sense of Place®' philosophy, reflecting the history, architecture and sensibilities of Abu Dhabi. The hotel offers premium accommodation, the Manor Club Executive Lounge, a fitness centre, outdoor pool and Sense, A Rosewood Spa, as well as fully equipped meeting facilities and eight distinctive restaurants and lounges.

A stellar evening at La Cava

Enjoy a selection of the finest wines from Rioja, paired with succulent ribs in a variety of flavours. The masterfully



created pairing menu from the exclusive Wine Cellar, housing thousands of premium labels wall to wall, includes free-flowing grape of the medium-body fruity red variety, for a perfect prime rib pairing. Relish luscious, melt in your mouth ribs in robust seasonings, such as Sticky Asian Ribs, The Korean Twist, Thai Sweet Chilli, Smoked Pork Ribs, BBQ Baked Ribs and Memphis Dry-Rubbed.

Location: La Cava, Rosewood Abu Dhabi, Al Maryah Island

When: 6pm onwards, from 5th-31st May

Price: Starting from AED 209

Family brunch at Aqua

Enjoy a vibrant al fresco brunch experience poolside at Aqua in Rosewood Abu Dhabi. With incredible views and a lush garden, you and your loved ones can escape the hustle and bustle of the city for a few hours, while enjoying creative beverages and a menu full of flavour. This family-friendly affair includes pool access (and supervised entry to the Kid's Club), allowing



parents to spend quality time together while their children are entertained nearby. The brunch offers something for everyone, including a Pani Puri trolley, fresh salads, a cheese station and cold cuts. You and your family will be able to sample food from across the globe, including pasta, tacos and famous duck and dim sum dishes from the hotel restaurant, Dai Pai Dong.

Location: Aqua, Rosewood Abu Dhabi, Al Maryah Island

When: 12:30pm-4:30pm, every Saturday

Price: Starting from AED 255

For bookings, contact Rosewood Abu Dhabi at abudhabi@rosewoodhotels.com or call +971 (0)2 813 5550.

WELLBEING



The TikTok safety features you should know about; foods that increase your child's focus; why a bedtime routine matters and more!



CLEVER NIGHTS LEAD TO CLEVER DAYS WITH CLEVAMAMA®

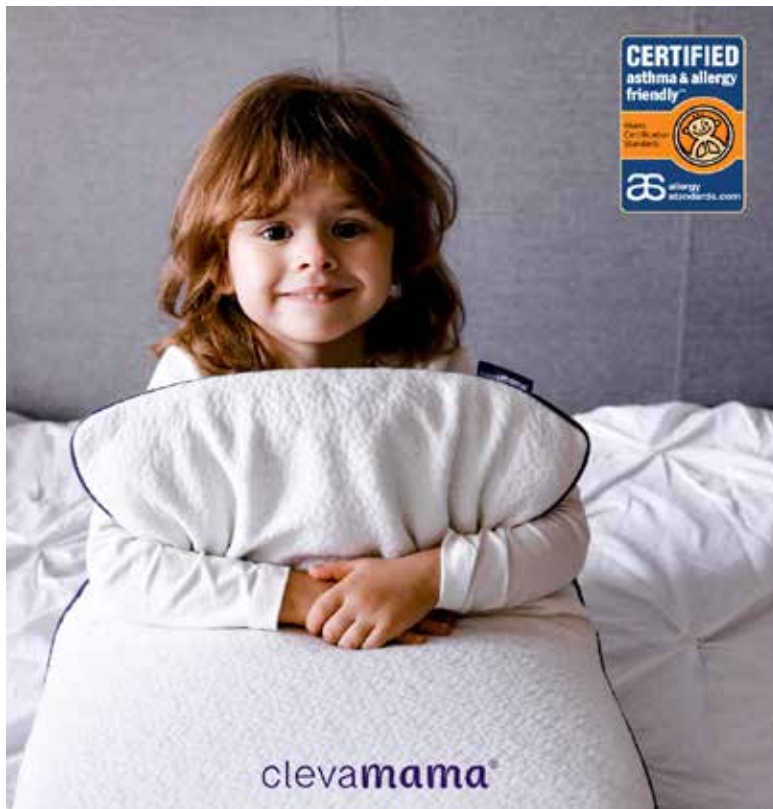
Leading nursery brand ClevaMama launches their CERTIFIED asthma and allergy friendly™ Mattress, Pillow and Baby Pod range, great for little ones who suffer with these issues!

ClevaMama understands that a good night's sleep can lead to a better, happier day for your child. One reason babies may be irritable is because of discomfort caused by allergies and asthma. Studies indicate that up to half of little ones suffer from allergies, while one in five of us will experience asthma at some stage in their lives. Allergy and asthma triggers include dust mites, pollen, bacteria, viruses, odours and pet dander - all of which are present in most homes.

PIONEERING CERTIFICATION

The ClevaMama's ClevaFoam® Pillow, Pods and Mattresses are some of the first to be certified as **asthma and allergy friendly™**, and are a must-have nursery essential for parents.

ClevaMama voluntarily submitted their products to Allergy Standards Ltd. (ASL) for testing and certification to give you 100% peace of mind.



clevamama®

So when you buy a ClevaMama® Product that bears the **asthma and allergy friendly™** logo, you know you are buying a product that meets scientific standards to help with indoor air quality, dust mites, pollen, and other asthma and allergy triggers.

The certification involves multiple tests. Let's take a look at what they ensure below.

Allergen barrier

The fabric on the outside of each product is tested to be certain it can stop dust mites and dust mite allergens from passing through to make contact with your little one's skin.

Removal by washing

The product is also seeded with allergens, then washed, cleaned and tested to make sure that the allergens have been properly removed, providing you with peace of mind when it comes to the functionality of your purchase.

Product quality

Each product is tested by washing multiple times to make sure that they maintain their shape and appearance, ensuring that they stand the test of time.

Chemicals and VOCs

Testing is done to make certain that any chemicals known to be irritants to the skin are either not present, or present at such a low level that they are unlikely to cause a problem for your baby.

As the baby bedtime and bathtime experts, ClevaMama's mission is to make the job of parenting easier so you can enjoy more worry-free, special moments with your baby. Their focus is to provide safe, clever, award-winning products, which offer value for money and peace of mind for parents.

For more information, visit www.clevamama.com or find ClevaMama products in Mothercare and other retailers.



THE IMPORTANCE OF A BEDTIME ROUTINE

We spend around a third of our lives sleeping, so it's vital to teach kids how to do it well. A bedtime routine can be a fantastic way to create healthy sleep habits for them.



These days we know just how valuable sleep is, especially for our little ones. Up to one third of babies and young children experience sleep difficulties. It can be so upsetting to see your child struggling to fall asleep and suffering from a lack of sleep. Thankfully, there is something straightforward parents can do - set up a bedtime routine. Keep it simple and after a few nights your child will adjust and find it less difficult to sleep.

WHAT IS A BEDTIME ROUTINE?

A bedtime routine is just like any other routine. Consisting of a manageable set of tasks that you and your child work through each night, a bedtime routine will help to teach your child how to relax before trying to sleep. The nature of a routine means that your child will grow accustomed to each of the steps and this familiarity will enable them to do the routine themselves after a period of time.

THE BENEFITS OF A BEDTIME ROUTINE

For children and adults alike, having a bedtime routine brings so many benefits. Studies have shown that children with a bedtime routine fall asleep faster, wake up less throughout the night and sleep for longer. The act of consciously relaxing yourself so that you get better sleep is a great piece of self-care. Teaching your child this will give them a good example of the importance of self-care and how worthwhile it is. Quality sleep has an overwhelmingly positive impact on brain function which, in turn, will set your child up for school. They will be better able to understand the information, pay attention and cope with the various stresses of the classroom.



When it comes to starting bedtime routines, the earlier the better. If your little one develops a healthy sleep habit from a very young age, it's much more likely that they will maintain this habit and all of its benefits throughout their childhood.

SETTING UP A BEDTIME ROUTINE

Creating a bedtime routine doesn't need to be a complicated process. A few straightforward, repeatable steps are all that's required to have a good bedtime routine. Examples include having a snack, brushing teeth, chatting about the day and reading a bedtime story. A great final step is a goodnight kiss and turning the lights off. Once these steps are repeated in the same order each night, the routine will become established. It goes without saying that the bedtime routine should start and finish at the time each night so that your child has a set bedtime. Don't worry about leaving the room if your child is sleepy but not yet asleep. It is important for children to get used to falling asleep by themselves.

TIPS FOR THE PERFECT BEDTIME ROUTINE

Trying to make the perfect bedtime routine for your little one can be challenging at first. Every

child has unique needs but there are some guidelines that you can rely on in most cases. Let's dive in.

Consistency

In order for the new routine to stick, it has to be carried out in the same way, at the same time each night. Both parents can be involved but there should be a certain amount of sharing the routine. We don't want it to fail if one of the parents is away for an evening!

How long should the routine take?

Your child's bedtime routine should take approximately half an hour. This is enough time for them to wind down completely and is short enough for most parents to be able to include in their busy schedule.

Check in with your child

Talk openly with your child about the bedtime routine. They will tell you which parts are working for them and which aren't. Listen to what they have to say and adapt the routine to suit them while sticking to the core guidelines.

One step at a time

Avoid trying to change everything in one go. It may overwhelm your child and stress them out, instead of helping them to relax. Introduce each element of the sleep routine gently, one at a time. Once the first step is working, bring in the second, and so on.

Set up the environment

There's no point in having a bedtime routine if your child's sleeping environment isn't right. When it's time to sleep, keep their room dark (soft nightlights are okay if necessary), keep the temperature cool and keep the noise down.

Start before sleepiness kicks in

If your child is already sleepy, they may get frustrated having to do each of the steps of their bedtime routine before they can finally lay their head down. To prevent this, start the routine before they show signs of sleepiness.

A digital sunset

Blue light from screens is one of the most harmful things to a child's sleep. Put away all devices and turn off the TV at least an hour before bedtime, and try to never make exceptions!

Slow them down

Anything that makes your child energetic, such as exercise, sugar or caffeine is best avoided in the run up to bed. There is plenty of time for exercise earlier in the day and stimulants like sugar will make it very difficult for your child to unwind.

Enjoy it

The activities that form a bedtime routine can be very enjoyable for parents and children. Savour this quality intentional time with each other and take the fear out of bedtime by making it something to look forward to.

Sleep is one of the main building blocks of your child's health. By setting up a simple bedtime routine, you're enabling your little one to learn how to fall asleep easily and to receive the numerous benefits of a good night's sleep. So try it out, and maybe even consider making a bedtime routine for yourself!

TIKTOK: THE PARENTAL CONTROLS YOU SHOULD KNOW ABOUT

Here we discuss the parental controls available to help you keep your teenager out of harm's way when it comes to TikTok and healthy digital boundaries.

TikTok is the latest social media platform to become embedded in the fabric of many teens' lives. The company states that it believes it should bring joy and play a positive role in how people express themselves, discover ideas and connect. There is much debate around the dangers of TikTok, especially for younger users, but also around the opportunity it provides to discover new things. Whatever your personal parenting preferences are, it's wise to be vigilant about your child's use of this social media, guiding your teen towards forming healthy digital boundaries.

THE POWERFUL ALGORITHM

It's good to remember that TikTok's algorithm is designed to keep everyone coming back for more, feeding users a stream of content aimed at their specific personality. This is done by using each person's usage data to detect their sense of humour, frame of mind, music taste and lots of other metrics. This means the content has a powerful effect on our psyche as it is tailored to our individual wants, meaning it can be particularly difficult to resist looking at.

DOPAMINE AND TIKTOK USE

The platform also causes dopamine release, a chemical associated with the "reward centre" of the brain. Your child receives dopamine when they come across a video they enjoy, as brains are designed to enjoy random "wins". Because TikTok's algorithm provides a variety of videos throughout the day, your child's mind still perceives discovering a great video as an uncertain outcome. This unpredictability causes more activity in reward regions of the brain, encouraging the production of dopamine and potentially

making it harder to refrain from using the app. Once the brain adapts to this unpredictable reward system, it may begin to preempt this reward, generating dopamine just from exposure. In short, your teen can start to associate using TikTok itself with a feeling of reward, producing dopamine simply by being on the app. This positive feedback loop influences habits and is not something you should expect them to be able to regulate on their own. This is where parental guidance comes in.

INVOLVE YOURSELF

Overseeing your child's digital life and wellbeing online can be intimidating, and many parents may feel as though they're always a step behind their teen when it comes to the apps they spend time on. Every family is different. You may only feel the need to explicitly monitor your child's app activity when TikTok is initially downloaded; or perhaps you prefer to stay involved for longer, potentially even taking advantage of Family Pairing - a system where your child's account is linked to your phone. Whatever you decide works best for your family, keep in mind the importance of initiating regular communication and discussion with your child about their digital safety and app use. Don't be afraid to read up and educate yourself about this social media in order to feel more confident about these conversations. They are a very important cornerstone in ensuring your child remains safe and avoids unhealthy digital habits.

SAFETY SETTINGS

To help parents with this job, TikTok has announced improvements to their controls,







with more custom screen time options, new default settings for teen accounts and an expansion to their Family Pairing concept that allows for more parental controls. Young people, especially impressionable teens, can't be expected to self-manage their use of such a powerful platform alone - it's hard enough as an adult!

LIMITING SCREEN TIME

Every TikTok account belonging to a minor will now automatically be set to a daily 60 minute screen time limit. This new change is a default setting that can be switched off by your child, so it's still important to speak with them about setting in-app limits to make sure that they are sticking to this, or another limit that you have agreed together. In the default version, once the hour is reached, teens will

be prompted to enter a passcode in order to continue watching, requiring them to make an active decision to extend their time.

Building awareness

Research suggests that being more aware of how we spend our time can help us be more intentional about the decisions we make. With this in mind, TikTok is prompting teens to set some kind of screen time limit if they both opt out of the 60 minute default and also spend more than 100 minutes on TikTok a day. This builds on a prompt that TikTok rolled out last year encouraging teens to enable screen time management. Tests indicated that this approach helped increase the use of their screen time tools by 234%. However, it's best not to leave these matters up to your child's discretion, so do

make sure to have an ongoing conversation about the importance of keeping to a time limit approved by you.

The health effects

While there's no officially endorsed position on how much screen time is too much, there are plenty of studies that suggest the negative impact of screen time more broadly, including lower levels of physical activity, poor sleep patterns, lowered attention span and cognitive skills, decreased social skills and worsened emotional well-being. Therefore, when deciding how long teens should be permitted to spend before their time is up, TikTok consulted the current academic research and experts from the Digital Wellness Lab at Boston Children's Hospital. Once again, you do not have to base your parenting choices off of this - if you feel happier setting a shorter time limit for your child, be confident in doing so.

Controls for everyone

In addition to bringing these new features to families, everyone will soon be able to set their own customised screen time limits for each day of the week and set a schedule to mute notifications. TikTok is also rolling out a sleep reminder to help people more easily plan when they want to be offline at night. You can set a time, and when it's reached, a pop-up will remind you to log off.

FAMILY PAIRING

When teens need support, parents or caregivers are often the first people they can turn to, making you one of the most



important partners for TikTok. It's worth being aware of Family Pairing, a set up that allows parents to link their own TikTok account with their teen's, so you can have a greater influence and a better grasp over your child's use of TikTok - all while controlling their content and privacy settings remotely. It's worth noting that children can't change these settings without consent from their parent's account. The platform has introduced this concept to empower parents to be as involved and as aware as they can be around their teen's presence and experience on this app. Family Pairing offers families a digital toolbox to tackle the tricky issue of child wellbeing on this social media, giving parents the opportunity to have a robust method of creating the TikTok experience that's right for your teen, as each family is different and has their own needs and norms. Let's take a closer look.

Nuanced daily limits

This new concept allows you to use Family Pairing to customise the daily screen time limit for your teen. This includes choosing different time limits depending on the day of the week, giving your family more options to match screen time to school schedules, holiday breaks or family travel.

Screen time dashboard

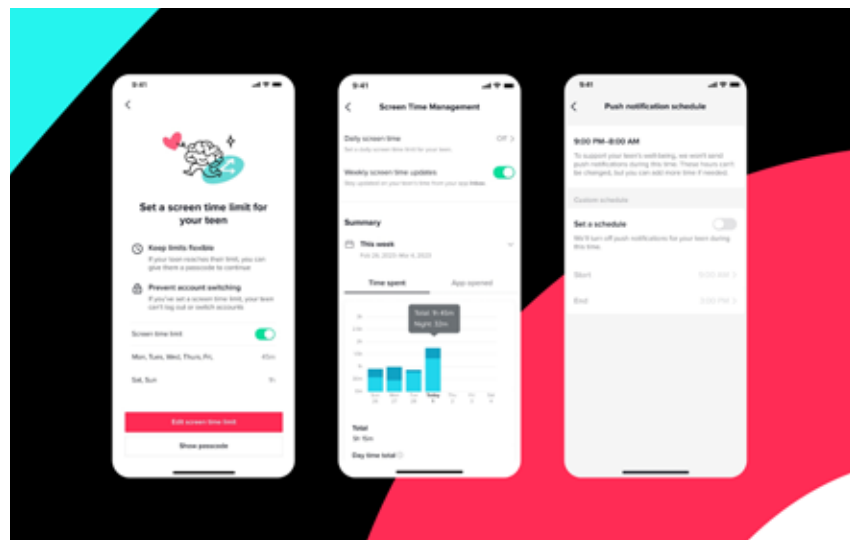
The new screen time dashboard provides you with summaries of the time your teen has spent on the app, the number of times TikTok was opened and a breakdown of the total time your child has spent during the day and the night.

Muting notifications

A new setting now enables parents to set a schedule to mute notifications for their teen. Accounts aged 13-15 already do not receive push notifications from 9pm onwards and accounts aged 16-17 have push notifications disabled from 10pm. However, this new change gives you greater control as a parent to stop your child receiving notifications from a time of your choosing, that works best for your parental approach.

Restricted mode

Restricted mode is an option that enables parents to limit content that may not be



appropriate for all audiences from appearing on their child's 'For You' feed. It may also be used for anyone who wants to filter out certain types of content on the app. A passcode is needed to switch it on and off, so you can rest assured that only you have the power to disable this filter.

Content moderation

Additionally, this new update to Family Pairing means that you can now decide whether your teen can access the search bar on TikTok, where kids can otherwise look for content, other users, hashtags and sounds. Obviously, this particular tweak impacts your teen's ability to discover other accounts and trends, so this one could be met with some protests!

You may also select whether other users can view the videos your child has liked on their profile, as well as who can comment on their videos - either everyone, their friends or no one - it's up to you.

Other considerations

Some of the other safety measures to consider as a parent are whether you are comfortable allowing direct messaging (it's already inaccessible for those aged under 16) and whether you want your child's account set to private or public.

These safety features aim to help families establish a protocol and an ongoing dialogue about safety and wellbeing for teens while using TikTok.

The teenage years can sometimes be tough to manage as a parent. This is a time when your child wants to explore the world around them and start to discover who they are and what their identity is as an independent person, both online and offline. While this is important for their development, it's vital to keep safety and health at the forefront of your parenting approach. Teens have strong emotions that often bring out strong opinions, but it doesn't mean they are old enough to know what is best for their wellbeing. Communication is key when it comes to the digital world and TikTok use is no different. Using these tools and tips, you should be better able to have conversations and make decisions that are right for you and your family.



THE BEST FOODS TO BOOST CHILDREN'S CONCENTRATION

With exam season approaching, it's a great time to consider the kind of nutrition your child is getting. We look at which foods will boost their brain health and help them concentrate.



Kids' wellbeing is often at the forefront of parents' minds. Arguably the most impactful action we can take to keep our little ones healthy is to reexamine the food we're giving them. Including nutritious options will help children thrive, both physically and mentally.

While eating healthy foods to maintain a healthy body is common knowledge, many people often overlook the huge benefits that a great diet will have on your little one's brain growth and function.

BRAIN-BOOSTING FOODS

There are specific nutrients that are good to include so that your child's brain is getting exactly what it needs, and this is particularly relevant during exam season. Let's take a look at seven different foods that you should consider.

Fish

Fish might just be the best brain food of all, mainly because of the presence of healthy omega-3 fatty acids. These omega-3s help all the cells in kids' bodies function as they should. Not only do they contribute to a healthy brain, a lack of omega-3s can negatively affect your child's cognitive function. Fish also contains zinc and iodine, both of which are important for brain development.

Studies have shown that children who regularly consume seafood perform better in school and in exams. One danger to be aware of is the presence of pollutants in some seafood. Mercury can be found in tuna, so frequent consumption of tuna should be avoided. Instead, try options like salmon or prawns.

Leafy green vegetables

Leafy greens are dreaded by many children but their benefits are unquestionable. Kale and spinach contain vitamin E and vitamin K1, along with other brain-friendly compounds. Leafy green vegetables are a great source of carotenoids - helpful antioxidants that boost your child's brain function. Along with this, they will look after little ones' eye health, immune system and protect them from disease. Aim to include a handful of leafy greens as often as possible, despite any potential complaints!

Eggs

The humble egg is packed with a plethora of nutritional goodness. Unlike the leafy green vegetables above, eggs go down a treat with many children - whether they're scrambled, fried, boiled or poached. Eggs contain vitamin B12, protein and choline among other nutrients. Research has shown that the latter is an amazing nutrient for supporting brain development and protecting against nerve cell damage, particularly in the first few years of a child's life. Just two eggs will fulfil the recommended daily amount of choline for children under nine years of age.

Oranges

Oranges are another delicious treat loved by many children. They're full of flavonoids, which increase nerve function and blood flow to the brain, potentially leading to increased cognitive function. Oranges are also one of the best sources of vitamin C, which is necessary for brain development and the production of neurotransmitters. Having an adequate amount of vitamin C has been linked with an improved ability to pay attention and concentrate, as well as a better memory. An orange in your child's lunchbox will really help them to get the most out of their school day.

Nuts and seeds

Speaking of handy lunchtime snacks, nuts and seeds are a wonderful option. A strong source of vitamin E, iron and thiamine, they're excellent for your child's brain health. Vitamin E is a powerful antioxidant and thiamine helps the brain to get energy from glucose. Nuts and seeds are a very easy way to include the protein and healthy fats that are crucial for all growing children. Nut butters, such as peanut butter or almond butter, are another delicious way to fuel your child this exam season.

Berries

Not only are they brimming with flavour, berries contain anthocyanins. These compounds are known to have positive effects on the health of your little one's brain. They aid learning and recall ability, help to produce nerve cells, and have impressive anti-inflammatory capabilities. Many studies have shown that consuming



berries has a positive effect on cognitive function and academic performance in children. Strawberries and blueberries are very simple to add into your child's diet. Some chopped strawberries on their morning cereal or a handful of blueberries alongside their lunch will ensure they're accessing the brain-boosting benefits berries have to offer.

Natural yoghurt

Last, but by no means least, on this list of brain-boosting foods is natural yoghurt. Giving your little one some unsweetened natural yoghurt is a brilliant way to look after their cognitive health. It contains iodine which is a key contributor to brain development and function. A serving of yoghurt with their normal breakfast will ensure a balanced meal and a very nutritious start to the day!

HEALTH IS WEALTH

The end of the school year, and the exams that come with it, can be a very stressful and mentally taxing experience for children. Adding these brain-friendly superfoods into your child's weekly meals will undoubtedly aid their concentration and cognitive function, giving them the edge to finish out the term with a flourish!

PARENTING



Shaping children's
mindset for exams;
giving kids the
confidence for camps;
peaceful parenting and
more!



WHAT TO DO WHEN YOUR CHILD SAYS THEY'RE BORED

Parents are often faced with the dreaded phrase "I'm bored". Here are some great ideas for how to respond!



Many therapists agree that in this digital age, most children are overscheduled and overstimulated. These days, parents are advised to avoid viewing bored kids as a burden, but rather, as an opportunity. It is absolutely acceptable for a child to be bored, because this is how they develop their creative skills, create fun, explore their environment and learn something all on their own. Sometimes, little ones are looking for adult engagement, and just a few minutes with a parent can often reset their minds and bodies. So, how can we help them?

START A 'BOREDOM JAR'

This involves sitting down with your child and coming up with a list of activities together. Write these down on slips of paper and keep them in a jar. When kids feel bored, get them to go to the 'boredom jar' and pick out a piece of paper for inspiration.

WHERE TO BEGIN

You and your child can let your imagination run wild when it comes to ways to tackle boredom. Here are some simple tips to help get you started populating your little one's 'boredom jar'.

Embrace the arts

Have an art and crafts corner in your child's room. Encourage them to make cards for birthdays, bracelets as gifts, write letters to family members, paint a picture for their bedroom wall etc. Even rock painting, origami, making puppets or making slime all count as innovative ways to pass the time, while sparking their creativity.

Movement breaks

It's always good to keep kids moving. You could do this by purchasing a pack of movement cards from Amazon, or by creating a family account on Youtube to take advantage of the numerous child-friendly videos of GoNoodle, a channel that promises to "get kids moving to be their strongest, bravest, silliest, smartest, bestest selves". You could also make use of the many yoga videos for children, and this is a great way to ground agitated little ones.

Create a scavenger hunt

You might need a few minutes to prepare this, but you could hide pieces of Lego in Ziploc bags around the house, and write down the clues for them to collect and then build a masterpiece with! Other games to try include jigsaw puzzles and card games.

Chalk murals

Have a wall that is painted like a chalkboard in your house. This way, children can create daily murals with coloured chalk. Occupational therapists agree that this is a great way to improve their pencil grip and creativity.

Podcasts for kids

Have a look through the many podcasts that are available for children. This is an excellent way for little ones to get advice, stay engaged or learn something new - all while developing their listening skills.

Star-gazing, learning a new language or even starting an indoor herb garden could also be added to the jar, depending on your child's interests. There are no rules, and as long as both of you are happy with each concept, you can do what you like!

SEVEN TIPS TO BECOME A MORE PEACEFUL PARENT

Adopting a peaceful approach to parenting brings about a more grounded family dynamic. Let's look at how to get started.

As parents, we're always trying to provide the best love and care possible to our children. It can take some adjusting but transitioning to a more peaceful parenting style can bring a new sense of calm to your household. It may not be straightforward (there are bound to be a few hitches along the way!) but with the right attitude, you will definitely get there.

A TRANSITION PERIOD

Though the intention of peaceful parenting is to bring a sense of tranquillity to your relationships with your little ones, they may not respond peacefully from the beginning. Initially, children may act out more than before. This is simply their way of expressing the hurt they may have felt around being treated less peacefully in the past. If you persist with the peaceful approach, they will soon be able to move on and embrace this new style of relationship.



PARENTING GUILT

Some parents might feel guilty about acting more harshly towards their children in the past. While this is natural, it will not help you or your child in the present. Be forgiving towards yourself and focus on engaging with your little one in a peaceful and loving manner.

WHERE TO START

Peaceful parenting starts with a peaceful parent. As many mothers will know, it can be a real challenge to keep your emotions in check when your child is upset or behaving badly. You might feel distressed, angry or even like crying, and understandably so! However, it's really important to manage your emotions in these instances, so you can provide a calm and pacifying bedrock of support for your child. Don't worry if this is very difficult to begin with - it will become more manageable with practice.

CONNECTION IS KEY

One of the fundamentals of peaceful parenting is forging a strong connection with your child. This connection is the result of trust and openness between you both and lays the foundations for a peaceful relationship. If you're not doing so already, try to spend some intentional time with your little one, allowing them to speak their mind openly and supporting them all the way. These loving moments will teach your child that they can be honest with you without fearing that you'll ever lose your temper.





BE TRANSPARENT

Once there is a sense of openness and a strengthened bond between you both, it's time to begin talking about this new shift to a more peaceful parenting style. Acknowledge a time in the past where you lost your temper with them or treated them in a non-peaceful way, and assure them that you love them. You can tell your child that, while family and house rules still stand, open communication will be the way forward, with everyone having a chance to say their piece. It's essential that all members of the family feel loved and nobody feels threatened.

SET BOUNDARIES

To transition smoothly from to a peaceful style of parenting, boundaries must be laid out. It should be made clear that this doesn't mean a change in the level of discipline

of your household, and it certainly doesn't mean that your child can misbehave freely. Instead of arguments or shouting, there will be conversations and freedom for everyone to express themselves. Just because you're committing to being a peaceful parent doesn't mean you have to be a pushover!

SHOW EMPATHY

One of the big changes for many parents is a strong commitment to seeing things from their child's point of view. We often assume we know what little ones are thinking - after all, we were all kids ourselves once! However, every child is different and so are their struggles. They may find certain aspects of life harder than you did at their age. A great approach is to encourage your son or daughter to speak their mind openly and to take them seriously. Though they may not have an adult's perspective, if they're feeling angry at a sibling and acting out, that can be a valid emotion. So hear them out and empathise with them as much as possible!

DON'T EXPECT PERFECTION

This will not be a seamless transition and there will be teething issues. Once you expect these, there's very little to worry about. You may still lose your temper and fear that you've ruined all your progress. Your child may throw a tantrum so big that it makes you wonder if anything has changed at all. Fear not, this is all part of making a change. After an argument, once things have cooled down, regroup and sit with your child to talk through what happened, what went wrong and how you could both have acted instead. Together you can recommit to doing things 'the new way' and leave the argument in the past.

MAINTAIN THE STANDARD

Initially, it may seem like you're not making any headway and you might be tempted to revert to your old ways. Resist the urge and trust the process. This is a long-term approach that will provide every member of the family with a much more loving and stress-free home environment. It will take effort, and that's fine. You can do it! Take it one day at a time and before long, you will see the difference.



CREATING A HEALTHY EXAM MINDSET

Many kids dread their summer exams and it can be tough to know how best to support their mindset. Here are some ways to boost your child's psychological stamina and morale during this draining time.

KEEP YOUR COMMENTS SUPPORTIVE!

It's the most natural feeling in the world to be protective of your child and concerned on their behalf! Even though they are the ones sitting the exams, it's very understandable that you may feel a good bit of worry at this time. All any parent wants is to see their child succeed and be happy. This can often translate into stress around their exam performance - mainly because you want them to progress in their future lives. While this is absolutely normal, parents can sometimes inadvertently express these feelings in a way that puts a lot of pressure on their teen.

In terms of actually sitting the exam and doing as well as they can on the day, the best thing you can do for your child is to remain calm and encouraging, while keeping your expectations out of it. The situation is already hugely stressful for your child, and any nagging or projection may feel overwhelming for them. You probably just want to help, but critical comments will have the opposite effect on your child's results. If anything, your teen may feel less inclined to share their feelings with you. What they need most during exam season is to know that they are supported and loved by you, no matter what happens on the day.

REFRAME STRESS POSITIVELY

Exams are one of the first real challenges life brings, and for teenagers, they can be among the biggest pressures of their young lives. It's wise to understand that exams are inherently stressful, but that this doesn't have to be a bad thing. Some stress is good. It helps us to perform when we need to and is a biological state that is hardwired into our brains to protect us, giving us the ability to rise up to the challenge of demanding circumstances. Whilst we no longer need to run away from predators, a little stress can really help us to react to life's challenges and can be good in small amounts. Your teen needs to feel a little stress - this is how their brain identifies important tasks!

Change the narrative

Sometimes coined as 'optimal stress', this perfect zone helps to activate concentration and motivation throughout study and tests. Research indicates that it is actually our belief that stress is harmful which does the most damage. If parents can help their child view stress more positively, rather than panic at the first sign of it, kids will learn to react to stressors with greater resilience and less fear. It is well studied that the physical signs of stress are the exact same as the physical signs of excitement. These sensations (e.g. a raised heartbeat, butterflies in their stomach etc.) can therefore be reframed and embraced by teens as a message that their bodies and minds are getting ready to succeed at the challenge ahead - and maybe even that they're looking forward to doing well!



Stress versus anxiety

As a parent, you must also be vigilant about recognising the nuance between healthy stress and a state of anxiety. When stress builds and builds and the person is not dealing with it in a normal manner, it gets out of hand and becomes anxiety. Anxiety is characterised by persistent worries, spiralling distress and physical symptoms that genuinely interfere with daily life. If you suspect your child may be struggling with anxiety, or they feel the pressure is overwhelming their ability to cope, gently encourage your teen to lean on you, and perhaps to talk to a teacher or school counsellor, or even access age-appropriate services for support. It's much better to look for help early, rather than let the issue get bigger. If you're unsure, don't be afraid to seek out professional advice.

ACKNOWLEDGE AND MOVE FORWARD

Sometimes, if your teenager feels an exam went badly, it can seem like a good idea to brush over it, in an attempt to keep their morale up and make sure they stay focused on the next exam or task. However, it's actually better to validate their experience and acknowledge their feelings before moving on. This helps them to feel reassured that you hear them and that it's not too big of a deal, and certainly

not something they should fixate on. Try to reflect your child's feelings back to them with phrases like "I see you don't seem so thrilled with today's exam - how do you feel it went?"

Keep it casual

These kinds of conversations are best initiated when your child is either on a stroll, or sitting side by side with you, so they don't feel too exposed or like they're being interrogated. If your child seems reluctant to get into the details, it's best not to push them to share with you - but it's always beneficial to let them know that you are there for them if they want to talk.

Close the book

If they do discuss any unhappiness they feel about their performance that day, once you have talked it all through, encourage them to move on and draw a line under that exam, so they can free up their headspace to focus on the next one.

Finally, let your child know that you are proud of them unconditionally. These exams don't define them as a person and have nothing to do with their worth in your eyes! Provide a steady stream of encouragement, using these ideas to positively influence their exam mindset and their success.

PREPARING SHY KIDS *for* SUMMER CAMP

With a range of exciting summer camps on the table for your little one, let's look at how best to prepare them and to allay any worries they may have.





Summer camps can be the highlight of the year for many kids. These memorable trips are spent playing games, trying out new sports, making friends and much more. However, that's not every child's idea of a dream summer. For some little ones, the thought of spending time away from their family (even if they return home each evening) can be too much. Facing countless other children that they don't know can be a daunting prospect. While it's natural for kids to be nervous in the lead up to a summer camp, others may feel overwhelmed with anxiety.

TIPS TO PREPARE YOUR CHILD FOR CAMP

Summer camps can be an extremely important and formative experience for children. It's a place for them to practise lots of great skills, including socialising and becoming comfortable with independence. Many activities that take place at a summer camp enable children to express themselves among their peers and are often a chance to try their hand at a sport or a hobby that they may not have had the opportunity to sample before. It's a fantastic setting for your child to learn and to grow, particularly if they have a more anxious disposition. So, here are a few pointers to help kids prepare for summer camp and to get the most out of it!

Involve your child

One of the scariest aspects of summer camps, for a child, is the sense of unknown. To counteract this, try to include them in as much of the planning process as possible. Not only will this help to calm their anxiety because they'll be more aware of where they're going, it will also make sure that kids go to a summer camp they're actually interested in. If your little one is involved in the selection process, summer camp is much more likely to be a positive experience.

Let's get excited!

Once a specific camp is picked, sit down with your child and talk to them about the various activities that will be available to them. Aim to be as positive as possible, by saying things like, "Just think how much fun it will be to try out dance class", or, "Imagine how cool it's going to be to learn to play the drums!" Summer camp should be a big adventure, a place for your little one to have experiences that they normally don't



have access to. Once kids get excited, their fears will begin to melt away.

Anxiety or anticipation

All of us experience a fascinating psychological phenomenon where our brains react in the same way to anxiety and to excitement. Our minds aren't actually sure whether we're nervous or excited and will default to our most common response. If your child often gets anxious, then even when they feel excitement, they may perceive it as nervousness. One way to help your child through this is to teach them to ask themselves "Am I really nervous or am I just excited?" Pausing to consider this can calm your child and help them to self-manage their feelings, so they don't get overwhelmed.

Hear them out

Even if you feel that your child has nothing to be afraid of when going to summer camp, make sure to listen to their fears. If we simply brush it off, telling them not to worry about it, or that everything is going to be fine, children may not feel heard. It may appear like we, as parents, don't understand what they're feeling. So give them space to talk about any concerns they harbour and start a gentle conversation about these issues.

Honesty and optimism

If your little one finds it hard to make friends, it doesn't make sense to tell them that the social aspect of summer camp will be easy. Being honest, yet optimistic,

can be a much stronger approach in these cases. Acknowledge that it may be difficult at times with so many other children and the pressures that come along with that, but remain positive that they can pick one person to try to become friends with. Set small, realistic goals and empower your child to achieve them.

Trial run

One great way to take the initial fear out of summer camp is to do a trial run. Arrange with some other parents from school to send your children on a playdate to try out a new activity. It's even better if these children are also going to the summer camp. Kids will get a sense of being in an unfamiliar place with others, taking some of the unknown out of going to a camp.

Don't make a big deal out of the goodbye

Saying goodbye before heading off to camp can be one of the hardest parts for your child. If they're afraid of what's to come, they may not want to leave and they will probably try to make the goodbye last as long as possible! As difficult as it is, it's important to keep the goodbye relatively short, while making sure that your little one feels safe and loved. Encourage them to take it one day at a time and remind them that you'll see them right after camp is finished.

Make communication easy

Many kids are put at ease simply by knowing that they can contact their parents, if absolutely necessary. Reach out to the camp

organisers to find out what the possible methods of communication are and pass these on to your child. They should only get in touch if they really need to, but the fact that the option is there will dismantle some of the fear immediately.

OUR ROLE AS PARENTS

It's not just our children that are anxious in the face of summer camp. Lots of parents worry about sending their child into the unknown and wonder how well they'll cope. There are a couple of things to bear in mind when facing these natural fears.

Every child is unique

One thing that many parents struggle with is accepting that their child may have quite a different disposition to them. Some extroverted parents, who find socialising straightforward, have socially-anxious, introverted children. Similarly, some introverted parents may have a child who thrives in social situations and loves putting themselves out there.

It can be a challenge to try to see things from our little one's perspective, but it's essential. They're the ones going to summer camp after all. Whether we would love it, or fear the very thought of it, shouldn't influence how kids feel. So while encouraging your child to be as balanced as possible, remember that they have their own unique personality!

It goes without saying that summer camp can be an important part of your child's development. What must also be recognised is that children progress at different rates. Some children may be ready for summer camp from a very young age, whereas others may need another year or two before it's a suitable option for them. Don't rush them into it with a sink or swim mentality. Their time will come and they'll reap all of the benefits of camp.

A SUMMER TO REMEMBER

Summer camp is an amazing chance for your child to make new friends, learn new skills and generally have a blast. Using these tips to help them overcome their fears, you'll be able to set them up for their best summer yet!



THE POWER OF SAYING ‘TELL ME ABOUT...’

The simple phrase ‘Tell me about...’ can be a gateway into encouraging your child to express themselves and understanding them better.



As a parent, we know that it is essential to choose our words carefully when speaking to our children. However, it's not always easy! In fact, it can be really hard not to react and say things that may not be the best for our kids. It's a good idea to have a few phrases that you can return to and rely on.

OPEN THE DOOR

One such phrase is the simple ‘Tell me about...’ followed by whatever the topic of

conversation is, or what you want to ask your little one about. This phrase works wonders when you're trying to get your child to open up and express themselves.

A healthier alternative

‘Tell me about...’ can be used in all sorts of situations. It can replace other normal phrases and give us a much better understanding of what's going on in our child's mind, while also showing them

that we're on their side. Instead of saying, ‘What's wrong? You don't seem happy’, try saying, ‘Tell me about your day. Did anything unusual happen?’ In the first example, your child may feel like they're being questioned and under pressure, whereas in the replacement phrase they feel they've been given the opportunity to speak.

Using this phrase is also much better for parents. Remembering to use it makes us pause for thought before we are too reactive. This enables us to come across in a much calmer manner and to transfer this calmness to our children instead of agitating them.

Young children

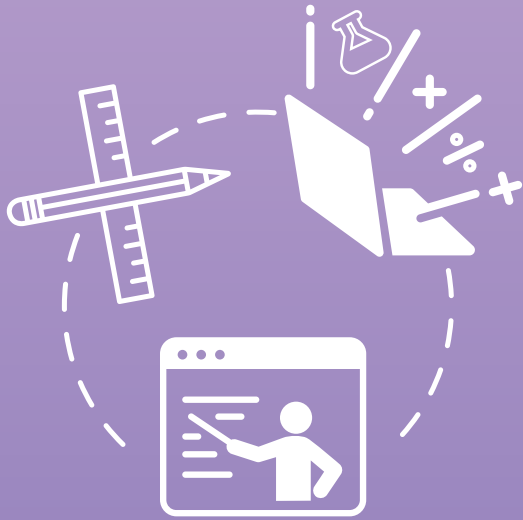
With younger children, ‘Tell me about...’ can be useful in a variety of different ways. If your child has drawn a new picture, lots of parents usually say, ‘Wow! What a beautiful drawing!’, or something to that effect. While this praise is valuable for your children, it doesn't leave much room for conversation. Consider adding one of the following examples - ‘Tell me about the different colours that you used’, or, ‘Tell me about the reasons you decided to draw this.’ This follows up praising their artwork with giving them the opportunity to express themselves. Your child will feel accomplished, valued and encouraged to speak their mind.

Teens

With teenagers, the use of this magic phrase changes slightly. While it can still be used at the end of a praising statement to inspire your teen to express themselves, there are further uses. All teenagers experience mood swings and parents can feel completely in the dark when it comes to understanding. Rather than getting frustrated if your teen is grumpy, or anxious if they're feeling sad, consider sitting down with them for a few moments. Gently saying ‘Tell me about how you're feeling’, will let your teen know that you're in their corner. It's vital to do this in a calm, loving way, so they don't feel backed into a corner.

‘Tell me about...’ can be used in almost any scenario, happy, sad or anywhere in between. Try it out and, as your child opens up, support them along the way.

EDUCATION



What to look for in
your young learner's
school environment;
raising leaders at South
View School and more!



WHAT MAKES A GOOD EARLY YEARS CLASSROOM?

*Raha International School KCC discusses the
questions you should ask yourself when visiting
your child's Early Years classroom.*



Below, we dive into what parents should consider when looking around their little one's Early Years space.

ENOUGH ROOM

What we know about child development is that the younger kids are, the more space they need. Can you see that the furniture, the tables, chairs and workstations are bunched together in small areas, meaning little ones must negotiate space? Or is there room to explore and make those nice large movements that young children are prone to?

THINK BIG

At this age, learning starts big and gradually gets smaller. Take maths for example, and check is there an area big enough to lay out the numbers and have



an active number line, where kids can physically jump on the number to explore and reinforce this learning?

RESOURCES

Look at the resources available in the classroom - is the learning appropriate and does it match the needs and the age of your child? We know that Early Years children are active in their learning, so are there resources to complement this hands-on approach? And can little ones easily access these resources in a free flow fashion - e.g. learn an idea one day and come back to it the next to repeat, revisit, consolidate and embed that learning?

A HOLISTIC CURRICULUM

All areas of learning should be represented. Reading, writing and maths are important, but for our youngest learners, what about social skills, language and communication? Are there spaces for them to be in small groups and larger groups? To support social and communication development, they need to be thinking, talking and sharing their ideas in collaborative spaces. Are there opportunities for children to be curious? Are there intriguing objects that they can look at through a magnifying glass to ask 'I wonder' questions? What about opportunities for children to learn about nature and the outside world?



A CALM ENVIRONMENT

As a parent, you make a choice about the type of learning environment you want your child to be in, and it is likely we've experienced classrooms that are bright, colourful and busy. In contrast, what we have found is that children may feel overwhelmed, distracted and overstimulated in this type of classroom - and in particular, children with additional needs. At Raha, we have opted for a neutral colour palette with natural materials, like wood and hessian, allowing the children's work and the classroom's resources to stand out. We have found it provides a perfect balance of feeling lively and colourful, without being too overwhelming.

THE GREAT OUTDOORS

Finally, do the children have access to an outdoor learning space? These areas are integral to supporting the sensory and kinesthetic learning that children of this age require, whilst also boosting their mental health and wellbeing - with the benefit of being closer to nature. In an outdoor learning space children have the opportunity to be much bigger, where there is no limit to the size of their learning and the size of their thinking.

Contact us today at admissionsadmin@ris.ae for more information.

SOUTH VIEW SCHOOL: REMARKABLE, CURIOUS, PROBLEM-SOLVING LEADERS IN THE MAKING

South View School is a British-based international school that offers an exceptional and unique educational experience to students aged 3 to 18, from over 77 different countries. The school is located close to the Expo 2020 site and in proximity to Dubai's prime expat communities of Remraam, Mudon, Mira, Damac Hills and Arabian Ranches.



A MODERN APPROACH TO EDUCATION

South View School places a strong focus on student-led learning where teachers encourage and guide students to be curious, creative and entrepreneurial in their education. The teaching staff are mainly from the UK and Ireland, with vast experience in delivering the UK curriculum - in both the Middle East and internationally.

The school follows the National Curriculum for England and Wales, starting with the Early Years Foundation Stage, progressing into Primary from Year 1 to Year 6, leading to IGCSE, A-levels, and BTEC in Secondary school. Children also learn Arabic and Emirati Social Studies. The school provides English as an Additional Language (EAL) teachers and assistant teachers, to support students whose first language is not English. In addition to French and Spanish lessons, the school offers Russian, Spanish and Turkish language programmes for native speakers.

A PLETHORA OF EXTRA-CURRICULAR OPTIONS

South View School has first-rate sports facilities, including a dedicated field for football and rugby, a competition-sized temperature-controlled swimming pool, three multi-purpose halls for athletics, a dance studio, three tennis courts, specialist science areas and two libraries. Students benefit from more than



100 extracurricular activities including Computer Club, Mindfulness, Wellbeing, F1 in Schools, Eco Club, Creative Writing, Sketching Club, STEAM Club and Young Journalists. The school also provides paid extra-curricular activities, including sports academies for football, rugby, gymnastics, volleyball, basketball, kung fu, dance and karate.

THE RIGHT CHOICE

Our school is an excellent choice for parents who want to provide their children with a personalised, high-quality British-based education in an international setting, where personal growth and learning are top priorities, as well as a wide ranging extracurricular activity programme.

Admissions are open for the 2023-2024 academic year, from FS1 to Year 12 and we are waiting to welcome you to the Southview family!

To learn more, please visit www.southviewschool.com, email admissions@southview.ae or call us on +971 4 589 7904.



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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



Stunning luxury
holiday destinations;
rejuvenating
staycations and an
active island getaway!

THE STAYCATION ROUND UP

This month, we've picked out two lovely staycation specials for you to consider. They promise to refresh you and your family, all without the hassle of travelling abroad.



RENEW YOURSELF WITH A LUXURY ESCAPE



Are you longing to escape the hustle and bustle of everyday life? Why not treat yourself and your loved ones to luxury beach resort living, with a stay at the stunning Waldorf Astoria resort in Ras Al Khaimah.

Bask in the cool, crisp air of the Emirates, while enjoying views of white, sandy beaches at this iconic staycation spot. You may also enjoy a suite upgrade that comes with complimentary breakfast when booking a staycation at the resort.

With plenty of space to spread out and relax, you, your family and your friends can experience all the comforts of home, while being treated to Waldorf Astoria's signature luxury. From eight vibrant restaurants and bars, to an award-winning spa and a beach club, there's something for everyone at Waldorf Astoria Ras Al Khaimah. With plenty of activities for kids, it's the perfect family-friendly destination too. Children can enjoy treasure hunts, UV light drawing, a mini disco and lots more! Those looking for a peaceful break will enjoy a variety of wellness activities, with sunny weather, pristine beaches and lots of adventure sports, leaving you relaxed and renewed. Whether you prefer aqua aerobics, meditation or a fun game of beach volleyball, there is something here for everyone. If it sounds right for your family, plan your luxury getaway to this gorgeous hotel, as it promises to be a truly refreshing retreat... and all without leaving the country!

For more information or to make a reservation, please call on +971 7 203 5533, or email Reservations.warak@waldorfastoria.com.



36 HOURS OF BLISS AWAITS

Crowne Plaza® Dubai Marina is gearing up for their 36-hour staycation offer, inviting you and a guest of your choice to swap your everyday routines for a luxurious 5-star experience where your every desire is meticulously catered to.

The exceptional package boasts an early check in at 10am, a delectable breakfast for two, and a complimentary room upgrade, ensuring you have a truly memorable stay. Moreover, you and your chosen guest can relish up to a remarkable 30% dining discount at any of the six splendid food and beverage venues onsite, including the famous Lo+Cale and the spirited Charm Thai, which serves up a scrumptious variety of Thai street food favourites.

The indulgence doesn't end there either, as the package also includes a late check-out time of 10pm the following day, giving you ample time to enjoy the plethora of world-class amenities at the hotel, such as a fully equipped gym, cosy sun loungers and an incredible open-air infinity pool, perfect for a refreshing swim.

Prices start at AED 499 per night and the offer is open from now until the 30th September - so, for a quick pick-me-up, consider allowing yourself to indulge in a day and a half of opulence, leaving your usual worries and stresses behind.

To learn more or to book, email reservations@cpdubaimarina.ihg.com or call +971 (0) 4 378 0000.

AN ISLAND ADVENTURE FOR ACTIVE FAMILIES

Heritage Aarah Maldives might just be the perfect destination for your family trip this summer, filled with plenty of exciting activities that are sure to satisfy even the most active kids!

Surrounded by endless azure ocean waters, the Maldives is the perfect playground for a myriad of water sports. Heritage Aarah Maldives invites all lively and adventurous families to treat themselves to water sports galore this summer on the idyllic Maldivian island of Raa Atoll.

With a superb choice of activities on offer, a thrilling trip will allow your family to discover the best of this slice of paradise. From sunset cruises, night fishing that ends with you cooking up your catch for dinner, to paddle boarding, snorkelling and dolphin cruises, no two days will be the same. Here's a selection of four fabulous ways to enjoy this picturesque destination.

FLYBOARDING

The hottest new water sport, flyboarding, is the perfect combination of high energy and fitness on water for adrenaline seekers. Rise above the sea and get your heart racing with this exciting water sport experience, which propels the watercraft with two jets on the bottom of the flyboard. With professionally trained operators who will be controlling the throttle of the wave runner, all your loved ones need to do is fly!

CATAMARAN SAILING

Faster than a sailboat, riding the waters on a catamaran is an experience that is a little like creating art, with the refreshing, free flowing wind and the dynamism of the sails. Take some time away from the beaches and golden sands and give this unique activity a go! You can spend quality time as a family amidst nature, while drinking in amazing views of the perfect azure waters. With the guidance of an experienced crew on board, you will all enjoy a hassle-free sailing experience, ideal for discovering some of the country's most stunning atolls.



DOLPHIN SEARCH CRUISE

Take to the seas for a relaxing Dhoni ride in search of wild dolphins over the Indian Ocean. With a large population of spinner dolphins, prepare yourself for a breathtaking journey around the island watching these gracious creatures leap and spin in the mist-filled air. You and your loved ones will be able to see them jumping and doing friendly tricks, as they frolic and play in the wake of your boat. Dolphin watching is one of the most fun-filled and moving excursions you can experience while in the Maldives and it's sure to create lasting memories as a family.

SNORKELING

Whether you plan on exploring Hammerhead Point or participating in an exciting turtle quest, Maldives is, without a doubt, a haven for snorkelers and divers alike. Flaunting an underwater setting that is among the best in the world, this country offers many amazing marine creatures for your family to observe during this special activity.

Set against the scenic backdrop of the Indian Ocean, Heritage Aarah Maldives offers incredible dining, a beautiful spa and excursions that are too good to refuse. Get ready for your family to enjoy the warm sun on your faces, sand between your toes, and a true sense of going on an adventure together!

Visit www.heritagehotels.com/aarah for more information or reservations.

IDYLIC ESCAPES FROM AROUND THE WORLD

We take a dive into some breathtaking luxury vacation ideas, for a family trip that you and your loved ones will never forget!

With summer coming up, here are three beautiful options for you to consider if you're looking to take your family on a luxury vacation. Explore some of the world's most sought-after destinations, full of culture, stunning backdrops and world-class character.

UNTOUCHED BEAUTY AT ONE&ONLY DESARU COAST



An ultimate-luxury escape, One&Only Desaru Coast is positioned on the south-eastern shoreline of Malaysia, between lush rainforests and the South China Sea. It extends

expansively across 128 acres of unspoiled wild flora and a pristine 1.5 kilometre stretch of private white sandy beachfront.

You and your loved ones can choose from a collection of standalone suites, that are perfectly framed by greenery and offer exceptional levels of seclusion, as well as generous space to relax or entertain. Facing the turquoise ocean or surrounded by the jungle, the resort has a collection of 42 Junior Suites, two generous two-bedroom Grand Suites and an exclusive four-bedroom residence, Villa One - all of which boast private plunge pools, abundant indoor and outdoor living spaces, separate decadent bathrooms and thoughtful Malaysian-inspired design features. This is one for the bucket list!

For more information, visit
www.oneandonlyresorts.com/desaru-coast

EXPERIENCE THE BEST OF LONDON AT THE BILTMORE MAYFAIR

Located in London's prestigious Grosvenor Square, The Biltmore Mayfair offers your family an opulent city break destination. Situated within walking distance of Oxford Street, you are perfectly placed to discover London's top shopping destinations. Alternatively, take the Biltmore Bentley for a spin, or sample a number of Michelin-starred restaurants, all while immersing yourselves in the rich history and culture of Britain.



With stunning views of London's iconic skyline, The Biltmore Mayfair is reminiscent of a private London residence, emanating contemporary luxury throughout the property. Prepare for a

truly exceptional experience, filled with distinctive character and unrivalled service - the ideal city retreat for families looking to travel in larger groups.

For more information and reservations, please visit
www.hilton.com/the-biltmore-mayfair-london

ULTIMATE SECLUSION AT ULTIMA MEGÈVE



The first Ultima Collection property launched in the French Alps, Ultima Megève offers panoramic views of Mont-Blanc, making it the ideal intimate chalet getaway. The private property can host up to 18 guests,

making it a paradise for groups of friends and families. The chalet also has access to its own helipad, making travel between outdoor excursions and wellness sessions at home all the more seamless.

Throughout the stay, you are invited to spend your days enjoying a range of rejuvenating treatments and holistic experiences with visiting professionals. From time spent in the spa hammam, fitness gym, massage room, pool or spacious jacuzzi, Ultima Megève offers all Ultima signature services, so your family can have an extraordinary experience together, that you won't forget!

For more information and reservations, please visit
www.ultimacollection.com/ultima-megeve

HOME & GARDEN



A selection of
beautiful, family-
friendly furniture
and ways to keep
your house secure
while away!





KEEPING YOUR HOME SECURE WHILE AWAY

Keeping your home safe is a top priority and becomes a concern when travelling or on vacation. Let's look at some things to consider in preparation for your next family trip.

Between now and September, there will be over 60 days of school holidays and national holidays. That's not even including any annual leave you may take or other trips you may have planned. All in all, that shapes up to be a lot of time that you could be spending away from your home.

Zohaib Azhar, Head of Operations at home maintenance specialist Hitches & Glitches, shares his top tips to keep your home safe and secure, whether you're at home or away!

ONE LAST CHECK

Make sure all windows and doors are firmly shut and locked. Don't forget to lock your garage door and any garden gates. A simple routine of checking each window and door before leaving the house or going to bed will provide you and your family peace of mind.

LOCKUP!

Install or replace any faulty locks on windows and doors. Having good locks on any potential points of entry to your home is a straightforward way to ensure your home is secure!

TECHNOLOGY IS ON YOUR SIDE

Install video doorbells, flood lights and cameras as well as other smart home lighting gadgets. Technology has improved so many parts of our lives and home security is no different. You can rely on cameras and sensors to watch over your home when you're away!

AS SAFE AS CAN BE

Keep valuables in a safety deposit box or home safe. You don't need a collection of precious jewellery

to justify a safe! They can be so useful for keeping anything, from passports to sentimental items, out of harm's way.

LOOK LIKE YOU'RE HOME

If possible, park your car in a garage. Don't leave it outside gathering dust! Alternatively, arrange to have them cleaned periodically while you're away. This is a great tip, as potential thieves are always on the lookout for hints that nobody's home.

PAUSE YOUR POST

Cancel any subscriptions for items that are scheduled for home delivery. One telltale sign that a homeowner is on vacation is a build-up of letters or delivered goods by the front door.

TO PROTECT AND SERVE

Sign up for the Dubai Police Home Safety Programme. This is a fantastic service for families on holiday, where the Dubai Police can monitor your home while on patrol in the area.

TRUST YOUR COMMUNITY

Tell your neighbours and friends that you will be away, as well as any community security services. If anything unusual happens in or near your home, they'll be sure to let you know immediately!

DON'T GIVE ANYONE ANY IDEAS!

Avoid posting pictures of your holiday or business trip on open social media platforms while you are away. Also, be careful when discussing holidays in public areas. You never know who could be listening!

EDITOR'S FAMILY FURNITURE PICKS

I wanted to share three collections with you - some because of their functionality for parents with young children, and others for their style.



ROYAL FURNITURE

How often have you been to a furniture store and loved a sofa set or a beautifully designed bed, only to realise that it may not fit your home properly? If you're anything like me, the reasons are usually the same - it's the wrong size or the wrong colour. If you're looking to add a personal touch to your home décor, then I'm sure you've explored lots of furniture options, in search of the perfect pieces to fit the look, feel and layout of your home. Finding the right furniture to suit your family can be an ordeal, but Royal Furniture has come up with a brilliant solution!

Today more than ever, people realise the need for customised furniture and the uniqueness it can bring to their home. Royal Furniture gives you the freedom to play around with your preferred furniture pieces and have them designed to fit your decor and space. You can actually have a sofa from the store re-designed, keeping in mind the size of your living room, using the colours and textures to suit your home décor! Some standout pieces I'd like to show you are the Alfa corner sofa, the Liniya bed and the Lorenzo sofa set.

Alfa

Alfa is a contemporary European-designed corner sofa, complete with chaise lounge. This wooden-framed sofa is extremely comfortable and boasts a simple, yet stylish design.

Liniya

With a solid wood frame, made from sustainably-sourced timber, Liniya is a chic divan bed that is the perfect centrepiece for any bedroom.

Lorenzo

The Lorenzo sofa set consists of a corner sofa, a one-seater and an ottoman. The futuristic silhouette, combined with homely materials, makes this sofa set a beautifully modern twist on the family seating area.

Visit any Royal Furniture store across the UAE or head over to their website at www.royalfurniture.ae for more information and inspiration!

WILLIAMS SONOMA HOME

Now that we're heading into summer, it's a great time to enjoy the outdoor weather across the region, with Williams Sonoma Home. From the rhythmic patterns of wood to woven textures and reflective surfaces, the latest collection by this brand is inspired by nature, layering warmth and texture for a calm and neutral approach to design.

I love the Larnaca outdoor collection for its sleek modern aesthetic. It's available in light wood, white, charcoal grey and weave, with customisable cushions to suit all home interiors; the perfect addition to your garden setting for family meals or simply savouring the sunshine.

For the perfect morning, I recommend the Tribeca coffee table, a peaceful place to sit at sunrise and enjoy the first moments of the day. Its versatile metal and glass shelf design leave space for displaying art or storing books. As a welcome breeze flows through the room from an open window, you can sink into the Sofia swivel armchair, with its thick plush cushioning, to appreciate mindful moments.

For dinner gatherings, seat loved ones and friends in style and comfort with the Stratton dining side chair. It comes in multiple colours, enhancing your table setting with its classic woven-strap leather weaves and contemporary finish.

I also definitely advise you to take a free consultation with Williams-Sonoma design services, where a designated specialist will provide tips and ideas on furnishing and decorating your home!

For more information on how to enhance your space this year, head to @Williamssonamena on social media or visit their branch at The Dubai Mall.

STOKKE

The last brand I'd like to draw your attention to is Stokke. Inherently Scandinavian, Stokke's heritage is firmly imprinted in the brand's DNA since its inception in Norway over eight decades ago. Design remains deeply rooted in its ethos, with a strong commitment to craftsmanship and quality. Created by a parent, for parents, Stokke

was initially founded in 1932 after founder Georg Stokke began a family tradition of furniture-making that was beautiful, functional and above all else, simple. Forty years after the company was founded, Stokke began designing products exclusively for children. Some of my favourite Stokke products for parents are listed below.



Tripp Trapp® Highchair

With the multiple award-winning, iconic Tripp Trapp® Highchair, Stokke created an ingenious chair that grows with your child and is essentially a 'chair for life'. Using a depth and height adjustable seat and footplate, the chair brings your baby closer to the dining table and closer to family, allowing them to learn and develop alongside you. This is a classic that will never go out of style.

Xplory® Stroller

A luxury ride, this is one of my personal favourites and is designed for newborns to kids, up to 22kg, with a protective reclining stroller seat for your baby's comfort. The Xplory® Stroller is uniquely-designed to bring you and your baby closer and to provide you both with absolute comfort.

Sleepi® Bed

A baby's crib is the heart of their nursery. It should be beautiful, functional and above all, safe and soothing for your little one. Made of solid European beech wood, with adjustable height, Stokke Sleepi® accommodates the changing needs of your growing child. A Stokke Sleepi® Bed is suitable for little ones from birth to five years of age, and can be modulated based on their needs.

The Stokke range can be purchased from Mothercare, Mumzworld, Eggs & Soldiers, Five Little Ducks, Mapyr and more retailers across the Middle East.

Visit www.stokke.com for more information.

Choosing the right furniture is a really key aspect of designing your home. A few carefully selected pieces are usually all that's needed to tie your themes together and create the interior you've always dreamed of. These collections may just help you on your way!

GOOD LIVING



Summer skincare picks; an amazing at-home LED mask and some exciting competitions!



I'm always searching for the best products to include in my beauty regimen and this month, I've chosen to focus on the skin. Here are my recommendations!



BRING THE POWER OF EAST ASIAN SKINCARE HOME WITH GLIST

I am so excited to tell you all about GLIST, the first premium skincare brand in the region to provide sheet masks on a par with those found in East Asia. Combining the best of Japanese and Korean beauty rituals, principles and technology, GLIST is definitely worth checking out!



THE STORY BEHIND THE BRAND

"After living in Dubai for a decade, I found myself having to travel back to Hong Kong for sheet masks because I couldn't find any in the Gulf that matched the quality or delivered the same results as leading East Asian brands" says founder, Kary Cheng. With this in mind, she created GLIST, to introduce the region to the benefits of high-quality sheet masks and to provide those of us with busy lifestyles the chance to escape time-consuming skincare routines.

Developed and produced in Taiwan, GLIST is consciously formulated to deliver targeted, long-lasting results. The sheet masks revitalise, hydrate and intensely nourish your skin, while addressing a range of concerns, such as dehydration, ageing, sensitivity and irritation.

GOLD STANDARD TECHNOLOGY

The brand's next-generation semi-gel cellulose mask technology allows for skin-tight adhesion and optimal coverage, drenching your skin in rich serum formulas that support deep absorption of active ingredients.

All GLIST sheet masks are non-toxic, paraben-free, cruelty-free, gluten-free, vegan, halal and suitable for all skin types.

Visit www.glistofficial.com for more information or to purchase GLIST products online.

SWITCH UP YOUR SKINCARE FOR SUMMER

With summer fast approaching, it's a good time to tweak your skincare routine to combat the effects of the sunshine, sweat and humidity. This year, Minimalist's summer edit might help you beat the heat and keep your skin healthy. Their products are designed to be effective and gentle, backed with new age ingredients that nourish and protect your skin, without damaging the natural barriers. The range is also fragrance-free and non-comedogenic. Here are my product recommendations for radiant summer skin!

Oat extract 06% gentle cleanser (AED 29.99)

This is a super mild, gel cream cleanser that removes dirt and excess sebum, without damaging your barrier function. It is an oat-based mild cleanser that's perfect for soothing and calming irritated or sensitised skin.

Gel moisturiser for oily skin (AED 39.99)

This is an everyday moisturising gel, formulated with five different ceramides, to restore and repair





the skin's natural barrier and prevent water loss. The lightweight formula is suitable for oily or combination skin.

AHA BHA 10% exfoliating serum (AED 39.99)

This is a skin-regenerating daily serum that mildly exfoliates without drying you out, to reveal clear, radiant and hydrated skin.

Glycolic + tranexamic 11% body exfoliator (AED 42.99)

This product is a potent body exfoliator that combines the power of acids and proven anti-pigmentation actives, to give you smooth and even looking skin.

Shop Minimalist products online at www.noon.com, www.amazon.ae and www.6thstreet.com.

CELLRETURN - THE LED MASK YOU NEED TO KNOW ABOUT

This month, I'd love to draw your attention to CELLRETURN, an award-winning company with its foundations deeply rooted in science. It's a transformative beauty brand with an LED mask that is soaring in popularity as a 'must-have' in your at-home beauty arsenal. This anti-inflammatory, anti-aging and acne-fighting tool works with red, blue and pink light to target specific skincare concerns.



BRINGING PROFESSIONAL RESULTS HOME

In the past, LED masks were only available through your dermatologist, as part of an in-clinic or spa treatment. Now, thanks to greater research and development, LED masks have firmly found a space in the routines of millions of beauty enthusiasts across the world, who are making a long-term investment in their approach to health and skincare.

The benefits of the globally renowned CELLRETURN Platinum LED Mask (AED 9740) are vast, making it a potential key player in restoring your skin's health. Known for being the most powerful mask on the market, with a staggering 1026 LED lights, this professional level beauty device can be used in the comfort of your own home.

A 'CURE-ALL' FOR THE SKIN

With four different modes, you can customise the program to suit your skin's needs, improving the appearance of acne, blemishes, hyperpigmentation, redness, pores, wrinkles, skin laxity and sagging - all helping to achieve a fresh-faced glow. Covering both the face and neck area, the mask is also wireless, portable and easy to use.

Other products in the CELLRETURN range include the following:

NECKLE RAY PLUS for 360° Neck Care (AED 4640)

Introducing the world's first and only neck care, the Neckle Ray Plus is perfect for improving lines, saggy, loose or dry skin, and ageing. Using a combination of

red and infrared wavelengths, it promotes firmer, more hydrated, collagenous and younger-looking skin, as well as blue light for antibacterial purposes and to assist with spots on the neck area. The Neckle Ray Plus may also help with 'tech neck', easing any tension in the area.

HAIR ALPHA RAY for Hair Health and Loss (AED 9990)

The Hair Alpha Ray by CELLRETURN uses the same NASA-developed LED technology, through two patented infrared rays that work to promote a healthy scalp and hair. This might just be the answer to glorious locks!

WHEROES for Pelvic Health (AED 5940)

This unique health-tech device combines three complex light therapies; red wavelength, near infrared (NIR) and far infrared (FIR) technology. It's designed to alleviate a myriad of pelvic conditions, including back pain, spasms, postpartum care, wound healing, scarring and lastly, pelvic floor and core strengthening.

CELLRETURN can be purchased online at www.cellreturn.ae and their range of devices are also used as part of treatments in a number of spas across the region, including Awaken at Atlantis, Ciel Spa at SLS Dubai, Palazzo Versace, St. Regis The Palm and the Anantara Spa Dubai.

For more information or to shop, visit www.cellreturn.ae.

COMPETITIONS

motherbabychild.com/competitions

WIN! A GIFT CARD FROM HAPPY TRIBE, WORTH AED 500



Shop Happy Tribe's extensive collection of customisable items, perfect for anyone looking for a unique touch. Whether you're in search of a beautiful set of Mummy and Me pyjama sets, a travel pouch for essential items, or a gym bag for a family day out, this is the perfect prize for you. Learn more about the brand by visiting www.thehappytribe.ae or by

following them on Instagram @thehappytribe.ae.

WIN! A GIFT VOUCHER FROM BARIKS LUXE SALON, WORTH AED 500



Bariks Luxe Salon, Dubai's new city salon, is the ultimate beauty destination for ladies who want to be pampered in style. Offering a wide range of hair services, nail art and treatments, and rejuvenating

facials, it is the perfect one-stop shop for all your beauty wishes to come true. The team is devoted to providing personalised attention to the fashion-forward and service-oriented woman with their mastery of the intricacies of hair, skin, nails, brows and lashes. Bariks Luxe Salon is excited to give one lucky winner a voucher worth AED 500 to enjoy and treat themselves with. Please visit www.bariksluxe.ae for more information.

WIN! A SIGNATURE LASER FACIAL AT SKIN LAUNDRY, WORTH AED 795



Spoil yourself with a well-deserved laser facial at the world-renowned skin clinic, Skin Laundry. Experience the magic of their Signature Laser Facial, designed to be gentle enough on all

skin types and effective enough to deep cleanse pores, eradicate oil, dirt and bacteria, improve pigmentation and boost collagen. With a treatment time of just fifteen minutes, no downtime and an immediate glow post-treatment, Skin Laundry's Signature Laser Facial is the perfect quick pick-me-up for your skin, at any time of the day. Enter to stand a chance to win an expert laser facial from the skin gurus at Skin Laundry, located at The Residences at Marina Gate, Dubai Marina. Give them a call on +9714 570 6942 or visit www.skinlaundry.ae for more details.

WIN! STORE CREDIT TO SPEND AT MARKS & SPENCER, WORTH AED 500



This summer, Marks & Spencer has everything you need for little ones to be vacation ready! With stylish swimwear for both boys and girls, packed with

fun designs and bold colour and characters, plus a special Sun Smart UPF50+ technology to keep their skin protected in the sun. That's not all, the kids' swimwear ranges also feature quick drying StayNew™ chlorine-resistant fabric, so no more colour fading, meaning more time for swimming and splashing in the sunshine with sun-safe adventures!

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



WIN! A SUPPLY OF FIGHTER SHOTS, WORTH AED 500

Fighter Shots, a British brand led by a dynamic female duo, has recently launched in the UAE. Their cold pressed ginger-based juice shot is your new pocket rocket! Fighter Shots come packed with immune benefits for everyone, even for new mums and those who are expecting. Ginger is an incredible natural remedy for soothing upset stomachs and nausea, or even morning sickness, as it improves nutrient absorption and promotes healthier digestion. New mums can get their 'shot' of an all-natural energy boost - which can be much needed with all those sleepless nights! The shots can also double up as a great digestive for breastfeeding mothers and the lucky winner will get a supply of shots for a week.

WIN! 25% OFF ALL SERVICES AT EMIRATES HOME NURSING, WORTH AED 550



Looking for top-quality home nursing services? Look no further than Emirates Home Nursing! Enter our competition for a chance to win 25% off all services, worth AED 550. Whether you need newborn and mother care, child care, senior care, clinical care, transitional care or lab collection at home, our team of trained experts will provide you with compassionate and professional care right in the comfort of your home. Don't miss out on this amazing opportunity to win and save with Emirates Home Nursing! Enter now and experience their exceptional service.



WIN! 4 X TICKETS TO SEE PAW PATROL® LIVE! 'RACE TO THE RESCUE IN ABU DHABI, WORTH AED 1000

Witness Paw Patrol LIVE on stage, as Ryder and the heroic pups head to Abu Dhabi this June for their latest mission! The family-friendly performance enables fans to experience the interactive live stage show, which encourages the audience to engage through a call and response, as you dance the Pup Pup Boogie and help the pups rescue Mayor Goodway and win the race! The show will visually transport families to an authentic PAW Patrol environment, including locations from the TV series, like Adventure Bay, The Lookout, Seal Island, Farmer Yumi's farm and Jake's Mountain. With the show taking place from 8-11th June, Proactiv Entertainment are giving one lucky winner the chance to win 4 x GOLD TICKETS to watch the pups in action on June 9th at Etihad Arena, Yas Island.

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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