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Mother **Baby &** Child

INCREDIBLE EID
DESTINATIONS

CHILD-FRIENDLY
YOGA POSES

CELEBRATING
FATHER'S DAY

STAYING
SAFE ONLINE

SKIN CARE TIPS
FOR MUMS

HELPING
KIDS TO
READ
AND
WRITE!



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EDITOR'S LETTER



Hello Mum!

There's a lot going on this month - the summer holidays are looming, Eid al-Adha is just around the corner, Father's Day is coming up and it's getting hot out there! We've dedicated the entire School & Family Breaks section to highlighting some incredible Eid getaway destinations, perfect for celebrating as a family. From a prestigious golf course in Cairo, to a wellbeing resort in Frankfurt, and even some rejuvenating retreats here in the UAE, there's something to suit everyone! Make sure to check it out on page 37.

Father's Day is June 21st! With this in mind, you'll find an interesting article all about honouring the role of dads on page 28. It's full of great ideas for marking this special day with the whole family. Nothing is nicer than being told 'thank you, we appreciate you!' - and so, I hope you'll be inspired by these pages with ways to show your love and gratitude for all that dads do!

School's out for summer, but this doesn't have to mean that children should stop learning altogether! We've carried a useful article all about boosting kids' literacy skills. The long summer break is the perfect opportunity to work together on developing your child's reading and writing abilities, in a way that feels fun and accessible! Read all about it on page 33.

Elsewhere, we discuss the benefits of planting a herb garden as a family (page 24) and how mindfulness might just be the best tool to stay grounded as a mother (page 14).

As always, we have the Editor's beauty recommendations of the month (page 47), which include a floral-themed jewellery collection, a new app that helps you discover and book your salon appointments and the wonders of dying your hair with a henna bar.

You know that I don't like to give away everything here, but rather, I'll leave you to discover this edition for yourself, including two pages of cool competitions this month!

Happy reading!

Editor

Mother, Baby & Child Magazine

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Editor's PICK

CELEBRATE EID AL-ADHA WITH A FAMILY STAYCATION

I'm delighted to share that Lapita, Dubai Parks & Resorts, has a great Eid Al-Adha staycation offer for families to enjoy during the upcoming holiday. From the 28th June to 1st July, Lapita Hotel is offering a luxurious staycation, with the Very Important Kid (VIK) treatment for kids aged 12 and under, guaranteed to make your little ones feel special! This includes a VIK badge, as well as a meet-and-greet with their favourite Smurfs and the characters from the popular children's show, Shaabiat Al Cartoon. Prices begin at AED 999+ per adult - however, the 'Kids Go Free' offer is also back this Eid, meaning children under 12 will have a fun staycation at no cost, when checking in with a paying adult. This special

Eid offer also includes a fast track pass that enables your family to skip the queues at a theme park of your choice - Legoland Dubai and Waterpark, Motiongate Dubai or Riverland Dubai. Set within an idyllic green space, this Polynesian-themed resort offers the perfect escape for your family this Eid.

Let the celebrations begin!

*For reservations, email lapita.dubai.reservations@autographhotels.com
or call 04 449 0868.*



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STAY SAFE IN THE SUNSHINE WITH SOLAIT

Protecting your skin from the harsh rays of the sun is essential! As you know, this is particularly true during the intense summer heat here in the UAE. There are lots of great brands available, but this month I wanted to highlight Solait, a reliable and highly-rated sunscreen brand from Watsons. Whether it's soothing, hydrating or moisturising, Solait offers a 'one-stop' range of vegan and cruelty-free products, for all skin types and protection levels.

The range has been dermatologically and paediatrically tested, and has scored an impressive five-star rating for its UVA-protecting abilities. From anti-ageing and sensitive skin sun care products, all the way through to baby and kid-safe protection, this range caters to the entire family - keeping everyone covered for the summer season ahead and giving you peace of mind as your family soaks up the sunshine!

For more information on the range, shop online at www.watsons.ae and in stores across the UAE.

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S O F I T E L

DUBAI THE PALM

THINGS TO DO



An Eid staycation in nature; traditional Italian lunch for all the family; a pool pass for Father's Day and more!





ENHANCE YOUR NATURAL BEAUTY WITH QUA SPA

With summer just around the corner, it's a great time to tighten up your beauty routine with a rejuvenating treatment. On hand to make sure you both look and feel your best, Qua Spa, in collaboration with luxury aesthetic beauty studio Young LDN, brings you the Bespoke Deep Cleanse and the Japanese Manicure and Pedicure.

Located at Caesars Palace Dubai, Qua Spa is fast becoming the place to go for the latest beauty treatments. With some very special offers available for the coming months, there's never been a better time to book in, so you feel your best all through the summer!

The Bespoke Deep Cleanse

This treatment starts with a detailed consultation, questionnaire and skin analysis to address your main skin concerns. A personalised plan is developed, working with products such as Ice Clinical and ZO Skin Health, which contain active ingredients that promise instant results. Options include the Accupure treatment, which purifies the skin by removing toxins, exfoliating and hydrating; or the Red Carpet Facial, which provides an instant glow and lift, and is favoured by many celebrities. Additionally, after the session, all facials include LED light therapy and cryo balls for optimal results.

Duration: 75 minutes

Price: AED 570

The Japanese Manicure and Pedicure

Treat yourself to a nail refresh with the Japanese Manicure and Pedicure. This treatment enhances the natural shine of your nails and lasts for about two weeks, depending on your daily routine. The process includes bathing, cleaning and buffing your nails with two different pastes, containing bee pollen and keratin powder. These pastes are rich in vitamins A, E and H, and strengthen your nails while stimulating blood circulation. This all-natural approach gives you healthy and strong nails without the need for polish.

Duration: 60 Minutes

Price: From AED 340

Once you've finished your treatment, it's time to explore more of Caesars Palace. You'll find the stunning Neptune Pool and Beach a short stroll away from Qua Spa. This is the ultimate spot to continue relaxing, order a healthy poolside meal, take a dip in the ocean or stretch out on a comfy sunbed and flick through a few chapters of a good book. Treat yourself to a well-deserved day of pampering and relaxation in the experienced hands of Qua Spa!

For more information or to book, call +971 4 556 6666.

A WELLNESS CENTRE THAT'S OUT OF THIS WORLD



Another Mars, a state-of-the-art wellness and healing destination, has just opened its doors in Jumeirah. Featuring an array of spa and massage treatments, meditation groups and sound healing therapies, the two-story space, with chic, luxurious interiors and a tranquil ambience, creates a whole new definition of “wellness”.

Another Mars presents a true fusion of healing therapies and spa treatments, with offerings such as Manual Sports Physiotherapy, Craniosacral Therapy and Natural Pulsation, the latter of which includes a 60 minute massage, followed by 30 minutes of sound healing therapy. The AM Spa and treatments are inspired by Himalayan healing therapy and are integrated with various techniques, using 100% natural handmade products. Their meditation groups offer a series of immersive experiences, with different types of sound and natural healing methods, led by experienced therapists.

Another Mars has curated special membership options that aim to improve and enhance your lifestyle, by integrating wellness and healing into routines in a sustainable manner. Membership plans include AM Citizen, a yearly subscription plan with monthly payments and a minimum three-month enrolment. Rates start from AED 1500 for a basic package, which includes a variety of spa and massage services, as well as group meditation sessions.

Another Mars is a space for you to feel alive, to have the opportunity to pause, reflect, connect, heal and ultimately become your happiest, healthiest self.

For more information, visit www.anothermarslife.com.

SAVOUR THE TASTE OF PIERCHIC'S CHIC LUNCH



Perfect for a midday pick me up, relaxed lunch with loved ones, or even a quick break away from the bustling city, Chic Lunch at Pierchic reinterprets the traditional yet refined spirit of Italy, with a selection of dishes that are sure to go down a treat!

For a truly unique dining experience, you're invited to walk down the private pier, where you can enjoy breathtaking views overlooking the tranquil azure waters of the Arabian Gulf and the iconic Burj Al Arab Jumeirah. Head to the venue at the end of the pier and be prepared to indulge in a celebration of chef Beatrice Segoni's award-winning culinary art.

The gastronomic journey begins with a range of irresistible starters, like Fegatini di Pollo, Burrata and Tuscan Panzanella Salad. Mains include a sophisticated selection of signature handcrafted pastas, offering something for everyone, such

as Spaghetti Al Pomodoro, Penne Arrabbiata and Linguine Aglio Olio e Peperoncino. For the sweetest ending, a rich and creamy Tiramisu or a classic Panna Cotta is served to the table.

Location: Madinat Jumeirah, Dubai

Time: 1:00pm to 2:30pm, Monday to Friday

Price: AED 135 per person for two courses, AED 160 per person for three courses

For more information and reservations, please visit www.jumeirah.com or call 800 323 232.

CELEBRATE FATHER'S DAY WITH A SERENE POOL OFFERING

Overlooking Dubai Creek, Jumeirah Creekside Hotel invites you and your family to enjoy a fun-filled pool day together, complete with delectable food and drinks, thanks to the new pool pass offer. With pool access from 6am until 8pm, this could be the perfect way to celebrate Father's Day!

The pass is fully redeemable against a wide selection of mouth-watering food and drinks from the vibrant open kitchen restaurant. Make sure to purchase the voucher in advance from The Aviation Club, prior to availing of the offer. Father's Day promises to be a memorable affair at Jumeirah Creekside Hotel!

Price (Monday to Friday): AED 100 per person or AED 50 per child 4-12 years - kids under the age of 4 go free!

Price (Saturday and Sunday): AED 150 per person or AED 70 per child 4-12 years - kids under the age of 4 are welcome free of charge.

For more information and for reservations please visit www.jumeirah.com, email jchrestaurants@jumeirah.com or call +971 4 230 8555.



REFLECT AMONGST THE ELEMENTS THIS EID AL-ADHA

For adventurers looking to discover their inner selves this Eid al-Adha, Bab Al Nojoom destinations offer friends and families the chance to choose a top-class abode under the stars, in the desert, surrounded by the forest, or at the beach.

A stay at Bateen Liwa promises to be no average weekend away, but instead allows families to discover their inner adventurer amongst an endless horizon of sand, sun and comfort. Get lost in private one, two, or three-bed villas, boasting world-class amenities, including private plunge pools, deck loungers and unobstructed views of the desert.

Fall in love with the outdoors beneath lush greenery at Bab Al Nojoom Al Mugheirah, a unique eco-tourism destination. Check out its one and two-bedroom cabins and retro Airstream trailers, that come complete with kitchen utilities and bathroom amenities. Certain selected cabins also boast private plunge pools, fire pits and barbecues.

You and your loved ones can let nature surround you at Bab Al Nojoom Al Mugheirah and Bab Al Nojoom Bateen Liwa, with a wide variety of experiences to indulge in. The unique offerings of Bab Al Nojoom promise to make a memorable stay, complete with specially curated al fresco dining, wellness activities and all kinds of outdoor adventures!

For bookings and more information visit www.babalnojoom.com



WELLBEING



Introducing children to yoga; how mindfulness can benefit mothers; skin care tips that work and more!



THE ROLE OF VITAMIN E

Vitamin E is a powerful nutrient that will guard your little one against harmful diseases. Let's look at what it does and how to make sure your child is getting what they need.



Keeping on top of your child's nutrition can seem like a full-time job by itself. It's worth remembering that a well-balanced, varied diet will provide your little one with most, if not all, of what they need. With that being said, let's take a look at what vitamin E does and a few simple ways to include it in your family's meals.

THE POWER OF VITAMIN E

Vitamin E is an often overlooked vitamin. Many parents understandably focus on providing their children with enough vitamin C, vitamin D and plenty of other vitamins and minerals. However, vitamin E is arguably among the most important.

A potent antioxidant, it plays a key role in preventing free radicals from damaging your child's cells. Research suggests that these free radicals are contributors to developing heart disease and cancer.

While the risk of free radicals might drive parents to give their children an abundance of vitamin E, it's crucial not to overdo it. Just as too little can be problematic, too much vitamin E presents issues of its own. Being fat-soluble, vitamin E can be stored in the body and it's quite straightforward for your child to get all they need solely through their food.

FOODS TO INCLUDE

Thankfully, there are plenty of options when it comes to foods to include to ensure that your little one is getting their daily dose of vitamin E. Vegetables such as broccoli, spinach and sweet potato are versatile sources that go well with many meals. Almonds, hazelnuts, pine seeds and sunflower seeds are all packed with vitamin E, and make a handy and nutritious snack for your child's lunchbox. Avocados, mangoes and apricots also contain vitamin E - and they're delicious too! Conveniently there are also food options that are fortified with vitamin E, such as certain cereals and smoothies.

DEFICIENCY

Vitamin E deficiency is really quite rare and is something that most parents needn't worry about. The symptoms of vitamin E deficiency are quite apparent and include loss of feeling in the arms and legs, muscle weakness and vision problems. Among the children who are most at risk of developing a vitamin E deficiency are those with cystic fibrosis or Crohn's disease, as these conditions mean that the child can't absorb fat-soluble vitamins. Their bodies aren't able to hold on to usable quantities of vitamin E and they usually need supplementation.

SUPPLEMENTATION

Vitamin E is very accessible in supplement form. Many multivitamins aimed at children contain at least half of their recommended daily amount. If you are concerned that your child is not getting enough vitamin E, consult with their doctor for some guidance.

While supplementation is an option, it's always worth knowing which foods are the best sources of certain vitamins so that you can make sure to include them on a regular basis. We're all trying to do our best for our kids, and armed with a little more knowledge, their meals are going to be healthier than ever!



MINDFULNESS: THE SECRET WEAPON AGAINST STRESS

Dr. Elif Çelebi, an experienced psychotherapist at Thrive Wellbeing Centre, discusses how mindfulness can alleviate stress and anxious thoughts, helping mothers to find balance.



Being a mother is hard work! It's one of the most demanding jobs on the planet and there are no days off, which may leave you (understandably!) feeling under pressure at times. Anxiety is a common experience that many people face in their daily lives, and mums are not exempt. Whether it's due to work pressures, balancing parenthood with relationships, or simply the fact that mothers often put themselves last, anxiety and stress sometimes build up and become tough to manage. These

feelings can impact everyday life in various ways. They affect your concentration, decision-making abilities and productivity, as well as manifesting into physical symptoms like headaches, stomach aches and a general sense of tiredness. As a mother, it's easy to overlook your needs in favour of your little ones, but easing your stress and burn-out isn't selfish. In fact, it can really impact and improve how you are able to show up for everyone in your life - yourself, your partner and friends, and of course, your children!

WHAT IS MINDFULNESS

One effective way to manage anxiety or stress is by incorporating mindfulness habits and tools into your daily routine. Mindfulness involves focusing attention on the present moment and accepting thoughts and emotions without judgement. This practice has gained popularity lately as a way to cope with anxiety and promote mental wellbeing. Mindfulness can help us become more centred, calm and better equipped to handle stressful situations, by focusing on the current moment and cultivating awareness of our own thoughts and feelings.

Becoming in tune with the here and now, and also strengthening your understanding of how your body reacts to your thoughts, can



help you switch from habitual overthinking, worrying and rumination - all of which may lead to general anxiety. Let's take a deeper dive into how to use mindfulness to unwind anxiety.

ONE THING AT A TIME

Hurrying, or trying to multitask often results in us feeling more distress. Psychological research suggests that our brains cannot do many things at once without losing effectiveness in one or more of the tasks. Trying to juggle multiple jobs all at the same time may feel like a familiar trope of motherhood - and for good reason! However, it's worth considering that perhaps you would get the same amount done, and feel much better mentally, if you practise focusing all of your attention on one task at a time, reducing anxious thoughts and promoting a sense of groundedness.

DOING WHAT'S EFFECTIVE

Sometimes unsolved problems, avoidance and procrastination might be the underlying reason for stress. Solving problems

appropriately will reduce your tension and help you cope with a situation better. Doing what's effective means not wasting time on things that don't matter overall, while seeing which actions help you reach your goals and following through without avoidance, procrastination or perfectionism. This one takes practice but is definitely worth it!

NON-JUDGEMENT

Doing what you're doing non-judgmentally is a superpower! Our minds are largely conditioned to judge internally and externally in one form or another. Noticing your inner negative beliefs, interpretations and judgments, and questioning them or not believing them, can ultimately help you live a more judgement-free life. This looks like getting rid of 'mum guilt', the idea that you are not good enough, and 'I should' statements.

BODY SCANNING

Taking a break to breathe and scan your body can make a world of difference to the

build up of stress that is so common in the hectic life of parents! The habit of taking a few minutes every day to check in with your breathing and how your body carries tension in places like the shoulders, face, jaw or hands, will be of great value. It gives you a chance to regulate your breaths and consciously let go of tension, providing a mini 'reset' that stops stress from accumulating.

PHONE BREAKS

Intentionally scheduling time away from your phone is a powerful tool for maintaining your mental wellbeing. Habitual phone use and scrolling through social media can make it easier for you to get stuck in your head. On the other hand, not using your phone as the first and last thing in the day, and scheduling phone-free time can help you feel more rested and happier in yourself. Some good ideas for these breaks include going for a phone-free walk, cooking and reading.

NURTURE YOUR BODY

Mindfully taking care of your body consists of the following:

- Getting enough sleep
- Following good sleep hygiene tactics
- Eating nourishing food
- Getting enough exercise or movement
- Not eating too much or too little
- Any other behaviour that supports your sense of balance and calm

This might seem like common sense, or common knowledge, but when you practise these acts of self-care consistently, you will absolutely feel the difference in your stress levels and sense of health!

Mindfulness is a powerful, accessible tool that can greatly benefit busy mums who are looking for a way to manage stress and boost their overall wellbeing. These practices are perfect as they can be tailored to your needs, routines and specific lifestyle. By consistently using daily mindfulness tools, you will develop more resilience, enhance your focus and attain a more profound sense of peace and balance.

For additional information and resources, or for professional advice, visit www.thrive.ae.

HAIR CARE THAT WORKS FOR BUSY MUMS

We sat down with Tara Rose Kidd, founder and director of Tara Rose Salons, to discuss some simple hair care tricks for busy mums.



Having great hair is a wonderful confidence booster! Beautiful locks are a tried-and-tested way to look put together, no matter if you've been up with little ones in the night, or are just too rushed to spend much time getting ready in the morning. Here are some handy tips to bear in mind for mothers who want to take better care of their hair - in a way that fits in with the demands of parenting!

WHY HAIR CARE MATTERS

Tara tells us "Women in this region, especially mums, invest heavily in their regular hair maintenance. This includes the cut, the colour and various treatments. Unfortunately, they don't always get the full benefits of this, as they tend to give more importance to their skin upkeep at home. Here are some simple tips to protect your mane."

THE RIGHT PRODUCTS

Using the correct retail range of products at home can extend the life of your coloured hair, all the way from two weeks, to almost eight

weeks! Some products can also coat the hair with silicones, which will affect the overall scalp and hair health, so do make sure to look through the ingredients list and keep an eye on how your locks react to these chemicals.

DETOX SHAMPOO

Using a detox shampoo once a week works like a facial scrub for your hair, removing all the impurities and buildup that otherwise sit on your head. The scalp then absorbs all the necessary nutrients from regular shampoos and conditioners, meaning all of your products will work much more effectively - a win-win!

KEEP IT SIMPLE

For busy mums, a simple routine is far easier to maintain. For those with thicker hair in particular, a quick wash and condition at night is best as it's usually easier to fit in. Tara also

recommends using an overnight hair mask from Olaplex or K18 once a week, to really help your locks shine.

SLEEP TOOLS

For mums whose hair gets tangled easily, sleeping on silk pillowcases helps reduce breakage over time, protecting hair thickness. For those with curlier hair, braiding your mane at nighttime also reduces frizz in the morning, making styling much quicker!

SHOWER FILTER

Filtered shower heads absorb harmful microbes, metals, bacteria and harmful chemicals such as chlorine. In some cases, using a shower filter helps reduce eczema, rashes, dandruff and an itchy scalp, which may stem from toxin irritation.

THE RIGHT ADVICE

Choosing a great salon and a trusted expert who can advise you on long-term hair solutions is essential. Tara Rose Salon doesn't just offer hair services, it takes a step forward with aftercare advice based on each mother's budget, lifestyle, hair type and overall hair goals.

Taking small segments of time throughout the week to maintain your hair can be 'self-care time' and a chance to ground yourself - so you look and feel your best!



Visit www.tararosesalon.com for more information or follow the salon on Instagram @tararosesalon.

Experience Exceptional Obstetrics & Maternity Care at Danat Al Emarat

Discover world-class obstetrics and maternity care that will make your journey to motherhood an unforgettable experience. At Danat Al Emarat Hospital, we place the utmost importance on the well-being of you and your baby in an advanced, safe, and high-quality environment. Our comprehensive care provided by our expert obstetrics team will support you throughout this memorable period and beyond.

From prenatal to postnatal care, we specialize in providing holistic services that meet the international guidelines and national standards set by the Department of Health - Abu Dhabi. Our highly skilled obstetricians and midwives will take care of you and ensure a stress-free experience.

If you're struggling with chronic health problems or are considered a high-risk pregnancy, you can count on our fetal and maternal medicine experts to provide the specialized care you need. Our team specializes in managing high-risk pregnancies and offers a wide range of services, including pre-conception counselling, prenatal care, fetal medicine, maternal medicine, labor and delivery, early pregnancy complications, recurrent miscarriages and postnatal care.

At Danat Al Emarat, we go above and beyond to provide exceptional services that make us the preferred choice for delivery. Here's why:

Comprehensive Facilities: Our hospital has one of the largest and most advanced Neonatal Intensive Care Units (NICU) in Abu Dhabi, including an on-site Special Care Neonatal Unit (SCBU). Additionally, we have a state-of-the-art Fetal Medicine Unit, ensuring the best possible care for you and your baby.

Internationally Recognized Services: Our consultant-led services are recognized for their excellence. You can trust that our experienced team to provide the highest standards of care throughout your pregnancy and beyond.

Comprehensive Care Options: You can rest easy knowing you have access to a range of pregnancy scans, including non-Invasive Prenatal Testing (NIPT). Our experienced team of anesthesiologists will be there to assist you, and our postnatal care ensures a smooth transition into motherhood.

Holistic Approach: We offer antenatal classes for both mothers and fathers-to-be to provide essential knowledge, and our lactation consultants and baby care experts support you on your breastfeeding journey and guide you through your baby milestones.

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At Danat Al Emarat, we prioritize your satisfaction and aim to provide exceptional experience and healthcare services catered to you and your specific needs, as you are the center of our world.

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YOGA POSES FOR KIDS

The practice of yoga is renowned for its relaxing qualities and health benefits. Guiding your child through a series of poses is sure to bring them a renewed sense of peace and groundedness.

The benefits of yoga for children are well documented. It can bring a sense of calm, peace and relaxation to them, and sometimes a little quiet time for all! While there are lots of yoga classes for children, it's useful to know a few suitable poses that your little one can try out at home.

SEVEN YOGA POSES THAT ARE PERFECT FOR CHILDREN

Here are some gentle poses that your child is sure to love:

Child's pose

Unsurprisingly, child's pose (Balasana) is a perfect yoga pose for your child to try out. This is a calming, restorative pose that will soothe your child, especially if they're feeling agitated. Starting on all fours, they should move their hips back towards their heels, spreading their knees and reaching their arms directly out in front of them, along the floor. Their forehead should come to rest on the ground. A good variation is to have their arms down by their side instead of outstretched. This pose is excellent for lower body flexibility and provides a deep stretch in the shoulders and upper back.

Seated forward fold

Seated forward fold (Paschimottanasana) is exactly what it sounds like - a pleasant pose that really stretches out your little one's legs. Starting in a seated position with their legs straight out in front of them, your child

should take a deep breath in and reach their arms towards the ceiling. After holding this position for a beat, they should slowly exhale and lean forward over their legs. Reaching for their toes at first, they should then relax their upper body and allow themselves to sink towards the ground. They can breathe here for a couple of minutes if they like and then slowly sit back up.

Cobra pose

Cobra pose (Bhujangasana) offers a lovely, deep stretch. As the name suggests, it mimics a snake, so don't hesitate to have a little fun and encourage your little one to pretend to be a slithering serpent while in this pose! Starting face down on the floor, your child should plant their hands underneath their





Cat-cow pose

Cat-cow pose (Marjariasana and Bitilasana) also has room for some animal-based monkey business! Starting on all fours and with a neutral spine (their head in line with their back), your little one should take a deep breath in and lift their head up and back. This is cow pose so any mooing sounds are welcome! To transition to cat pose, tell your child to exhale, gently dropping their head towards the ground while pushing through their hands and rounding their shoulders. Again, a nice long “Miaow” as they breathe out in this stretch is appreciated! Cycle through cat-cow pose a few times for some deep stretches, slow breaths and big smiles.

Tree pose

Lots of kids love tree pose (Vrksasana) as it looks like a typical yoga move. It’s a very grounding pose that will also test your little one’s balance! Standing up tall, your child should start by slowly lifting one foot off the ground. They should then rest the sole of this foot against the inside of their other leg. It can be high up at their inner thigh, low down against the calf, or anywhere in between. Your child can choose to bring their hands together in front of their chest (at heart’s centre), place them on their hips or raise them overhead for different variations of the pose. Feeling rooted through their standing foot, they should take a number of slow breaths and stand up tall like a tree!

shoulders and lift their upper body up. Their hips should remain touching the ground, so they only need to extend their arms enough to raise their chest. They should feel a deep stretch across their torso. Remind them to take some deep breaths and return to the floor after holding the pose for a few seconds.

Warrior I

For the fighter within all of our little ones, Warrior I (Virabhadrasana I) is a must. From a standing position, your child should step forward into a high lunge and turn their back foot slightly outwards. Ensuring that their hips are facing front, they then raise their arms overhead and breathe. Though a relaxing pose all round, a battle cry is always an option to add a bit of fun!

Reclined butterfly pose

Reclined butterfly pose (Supta Baddha Konasana) is an ideal yoga pose for children going to bed. It will bring a real feeling of centredness and relaxation to your little one and can even be done in bed, just before lights out. Lying on their back, your child should bend their knees, letting their legs fall to either side, and bring the soles of their feet together. They should place one hand on their chest and the other on the stomach, and breathe deeply. This provides a very deep inner thigh stretch and is a wonderfully comforting pose to help settle your little one down for the night.

Yoga is an amazing activity that can bring light, laughter and calmness to your child. Consider giving each of these seven yoga poses a go with your child and watch how you reconnect with yourselves and each other, while taking care of your bodies too!



EASY SKIN CARE TIPS FOR MOTHERS

Sarah Battikha is a mother and the founder of Frame, a dermatology clinic dedicated to wellbeing, health and beauty. Here, she discusses what she considers to be the best skin care routine for mums.



As a skin specialist, I love helping women improve their skin and feel their very best! Mothers, more than anyone, can often put their needs last and tend to others ahead of themselves. Taking a few moments every day to put effort into your skin care can be a really accessible way to treat yourself and have some 'you time' in the midst of the demands of being a parent. Below, I'll go into the things I think all mums should bear in mind when it comes to their skin care routine.

IN A HURRY

As I have been part of the mum club for the last year, I definitely understand the importance of time and how it can be in limited supply as a parent! As a mother, if I don't get enough time to do a full routine, I always stick to three specific pillars. These are a trio of things which I will always do, no matter what! They are as follows: to double cleanse my skin, to apply a serum or retinol, and finally, to always use an SPF in the daytime and a moisturiser at night.

THE PERFECT DAY

I'll lay out what I think makes the best skin routine for when time is in abundance. This is likely not the reality every single day for busy mums, but let's try and consider a perfect day when you do get the chance to complete a full set of steps.

Remove eye makeup

First of all, I always suggest removing eye makeup using a micellar water, as I find that other cleansers are too stripping and really irritate my eyes. So, if you have sensitive eyes like me, consider using micellar water or something equally gentle.

Double cleanse

Afterwards, I like to do my double cleanse. This consists of using the Gentle Cleanser by Skinceuticals - which is great at removing makeup, as well as impurities. I follow this with Blemish + Age Cleanser, which has a gel texture. This texture allows it to deeply clean the skin without stripping it of its natural oil, meaning it won't disrupt the skin's barrier. It is my absolute favourite as I have sensitive and acne prone skin.

My little trick for days when I don't have time to exfoliate or use a mask is to leave this



second cleanser on my skin for a few minutes, so the actives work a little bit deeper. Lastly when cleansing the face, I always suggest using a cloth, which gives your face a gentle exfoliation and doesn't leave any residue from the cleanser on your skin.

Eye care

A small touch that I love and I really try to be intentional with is a relaxing eye massage, which helps drain the skin, reducing signs of tiredness. I use AGE Eye Complex by Skinceuticals as it's super hydrating and really brightens up the eye area - which is a life saver when you're a mum!

Retinol

Depending on your skin's sensitivity and presuming that you are not pregnant or breastfeeding, I suggest using Retinol a few times a week to help prevent wrinkles, hyperpigmentation and acne. It's a real do-it-all product which works wonders in the long run. On nights where Retinol is used, my advice is not to apply any products after, to make sure it doesn't act as a buffer for the actives.

If not applying Retinol then I would suggest using a toner that works for you, which will help bring your skin back to its natural PH, and this allows better product absorption overall.

Serums

I like to switch serums to always surprise the skin by bringing in new actives. I always

remind my clients to observe their skin, because you are truly the best judge of how it feels. I find it's important to encourage women to listen to their skin instead of taking on generalised advice or TikTok trends.

My current choice is The Serum by Augustinus Bader which works at the cellular level of the skin, meaning that it targets many concerns at once. My other favourite is the Retexturing Activator by Skinceuticals, which is a 2-in-1 as it has hydrating powers as well as exfoliating benefits. It is super gentle but at the same time really gives you that 'glow from within', which is sometimes hard to maintain as a mum.

Moisturise

Moisturiser is optional in a sense, depending on where you are in the world or how humid your environment is - for some, the Retexturing Activator will be enough. On days where I feel that I need more hydration, my go-to choice is The Light Cream by Augustinus Bader, which has a lovely hybrid feel, being somewhere between a gel and a cream. I also like Triple Lipid Restore, which is a fantastic option if you ever overdo Retinol and feel like your skin is too tight and sensitive.

Using the right products in the right order is essential for nourishing your skin and bringing out a healthy glow. Few things boost your confidence as deeply as feeling good in your own skin! Using these tips and tricks should help you reveal your most gorgeous skin yet, so you're at your most radiant all summer long!

PARENTING

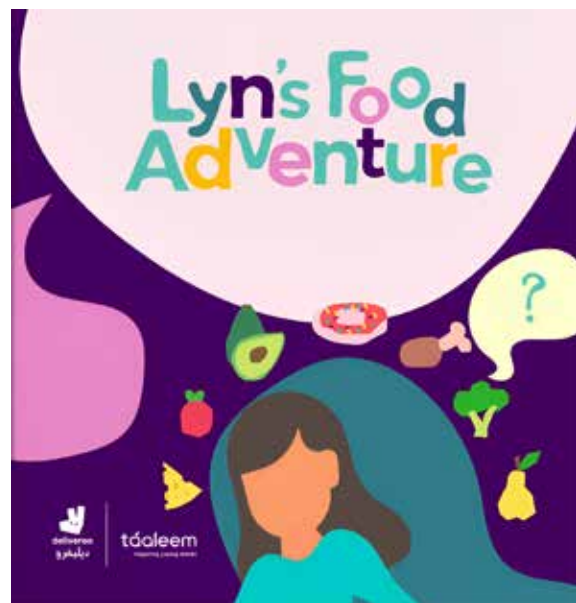


The importance of parental controls for internet safety; ways to celebrate this Father's Day and more!



DISCUSSING FOOD WASTE *WITH* CHILDREN

'Lyn's Food Adventure' is a new storybook designed as a tool to help parents teach children ways to reduce food waste.



WHY IT MATTERS

Carole Lecointre, Head of Marketing at Taaleem, recently spoke about the importance of meeting the UAE's 2023 goal to reduce food loss and waste by 50%. She believes that it's very important to find fun and educational ways like this to inspire young minds to be part of the change. "It's when children are young that they best learn good habits and values, that they can carry into adulthood" she tells us. "That's why Taaleem has collaborated with Deliveroo on the launch of 'Lyn's Food Adventure' - a tale that teaches our young people about the significance of reducing food waste and how they can contribute to making a difference." She adds that "By imparting these small, but important 'foodie lessons' to children, we will sow the seeds to inspire the upcoming generation to become responsible citizens who value sustainable practices. With initiatives like this, we believe it's never too early to start showing how small actions can make big differences."

For children who enjoy a good read while they're snuggled up in bed, or lounging on the couch, this storybook is more than just a one-time adventure. It is children's first step in becoming more mindful of food waste, and a story that encourages them to ask the right questions about our world from a young age!

To read 'Lyn's Food Adventure' online, visit www.lynsfoodadventure.com

Food wastage is a topic that can go unmentioned at home, but it's really great to make little ones aware of it as young as possible. Raising children who will become the leaders of tomorrow is no small responsibility, as our world faces an increasing need for sustainability and conscious practices. These concepts can seem complex or too serious to impart to kids in a way they will understand, which is where 'Lyn's Food Adventure' comes in!

LEARNING THROUGH STORYTIME

The new storybook is designed for those between 3 and 8 years old and is a wonderful tool for parents to teach kids about food waste. The brainchild of Deliveroo UAE and Taaleem, one of the largest premium education providers in the region, this book aims to inspire the foodies of tomorrow to start making a difference today. Created to

help families become more sustainable, it focuses on instilling conscious habits into children from a young age.

PRACTICAL TIPS

Authored by Ayah Halawany and illustrated by Aman Darwish, 'Lyn's Food Adventure' takes kids on an exciting journey filled with practical tips on how to reduce food waste. From reusing leftovers, juicing up overripe fruits, and sharing extra food with those in need, children will learn about the importance of being responsible consumers and how small measures go a long way in having a positive impact on the community. Through creative illustrations and a child-friendly story, the book explains simple ways little ones can do their part. To spread the message far and wide across UAE's diverse community, 'Lyn's Food Adventure' is available in both English and Arabic.

THE BENEFITS OF PLANTING A FAMILY HERB GARDEN

Creating a mini herb garden is an exciting and rewarding parent-child activity that allows you to spend quality time together, learn lots of lessons and strengthen your family bonds.

Gardening is a wonderful way to connect with nature and teach children valuable lessons about the environment. One exciting home-based project that families can embark on together is planting a herb garden. Not only does it provide you with an opportunity to spend quality time as a family, but it also encourages kids to learn about different herbs and their diverse uses. This article will guide you through the process of creating a family herb garden, from choosing the right herbs, to nurturing and harvesting them - all while getting your little ones involved in a unique family activity!

CHOOSING THE RIGHT HERBS

There are a wide variety of versatile and popular options to consider when picking out herbs together for your herb garden - it really is down to the personal tastes of your household! It's better to choose herbs that are well-suited to hot climates and can tolerate the UAE's high temperatures, such as rosemary, thyme, oregano, mint and sage. These herbs have adaptations to conserve water and withstand heat stress. Let's take a closer look at each herb and how your family could benefit from growing them.

Oregano

Oregano is a resilient herb known for its robust flavour and versatility in culinary applications. Its small, aromatic leaves add a delightful punch to Mediterranean and Italian dishes. Oregano thrives in hot climates and requires well-drained soil. It can handle the intense heat of the UAE and is a great addition to your family herb garden.

Sage

Sage is a hardy herb with a distinct flavour profile and beautiful grey-green leaves. It is highly valued for its culinary uses and medicinal properties. Sage leaves are commonly used in savoury dishes, such as roasted meats, stuffing and sauces.





In addition, sage has a long history of being associated with wellness and is often used in natural remedies. Sage is well-adapted to arid climates and can withstand the heat of the UAE, making it an excellent choice.

Rosemary

With its pine-like fragrance, rosemary adds a delightful flavour to roasted meats, potatoes and bread. It's also associated with improved memory and concentration which is helpful for all the family! It is well-known for its resilience in hot and dry climates, making it a perfect choice for the UAE. It thrives in well-drained soil and requires ample sunlight, making it an ideal addition to your family herb garden.

Mint

Known for its cooling and invigorating aroma, mint is perfect for making refreshing drinks in the hot weather, such as lemonade or iced tea. It's also a great twist to add in when making delicious chocolate treats. The lush, green leaves of mint also work well in salads, fruit salads and desserts. It is known for its rapid growth and ability to tolerate hot conditions. Mint prefers rich soil and regular watering.

Thyme

Thyme is a versatile herb with small, aromatic leaves and a slightly earthy flavour. It is a resilient herb that can tolerate heat and dry conditions, making it well-suited to the UAE's climate. It requires well-drained soil and appreciates full sun exposure. Including thyme in your family herb garden will add a delightful herbaceous note to your culinary creations. Commonly used in Mediterranean and French cuisine, it complements roasted vegetables, soups and stews and is a lovely way to introduce a new flavour to your kids, added into these familiar dishes.

PLANNING AND PREPARING THE GARDEN

Now that you have chosen your herbs, it's time to plan and prepare your family herb garden. Gather any tools needed, such as a trowel, gardening gloves, watering can and small pots or containers for seedlings. While the UAE has a desert climate with



hot temperatures and limited rainfall, it's still possible to grow herbs successfully with some considerations. Let's take a look.



Location, location, location!

The first thing to do is to determine whether you'll have an outdoor or indoor herb garden. If outdoors suits your family better, select a sunny spot with well-drained soil. If indoors is your preference, find a bright location near a window. If you have limited outdoor space or prefer more control over growing conditions, you can opt for container gardening. In this case, make sure to use large containers with good drainage and place them in a suitable location outdoors. The size of your herb garden is completely up to you, the space you have available and the number of herbs you wish to grow. Remember, you can always start small and expand later.

Soil preparation

Now you and your children can get hands on, preparing the soil by removing weeds and rocks. Mix in organic matter like compost or aged manure to enrich the soil and improve drainage. This will help the herbs establish strong roots and withstand the region's challenging climate. Additionally, consider applying a layer of organic mulch (such as straw or wood chips) around the herbs, as this will help conserve moisture, stop unwanted weed growth and regulate the soil temperature.

Shade

In extreme heat, provide some shade or partial shade to protect the herbs from direct sunlight during the hottest parts of the day. You can use umbrellas, shade cloth, or position the herb garden near a wall that provides some shelter.

Water

Herbs need regular watering to thrive in the UAE's arid climate. Try to water your herbs deeply, allowing the soil to dry out slightly between waterings. Of course, be mindful of not overwatering, as it can lead to root rot - keep an eye on enthusiastic little ones with the watering can here!

GETTING KIDS INVOLVED

Involving children in the gardening process is an enjoyable and educational experience for the whole family. Here are some great ways to get them engaged and create fun memories together - all while learning about the natural world!

Sowing seeds

Encourage your children to sow the herb seeds in pots or containers, following the instructions on the seed packets. This is a good opportunity to talk to them about the importance of proper spacing and watering.

Caring for plants

Assign kids the responsibility of watering the herb garden regularly. Show them how to check for signs of dehydration or overwatering and regularly discuss the plant growth, celebrating any changes. Together, you and your little ones can learn about each of your herbs and what they need, looking at things like the ideal amount of sunlight

and soil preferences. This keeps them feeling involved in the project on an on-going basis.

Weeding and pruning

Teach children how to identify weeds and remove them gently, taking care not to disturb the herbs. A herb garden is a wonderful and manageable introduction to the basics of pruning plants for little ones. This is a lovely way to learn about harvesting and snipping in the right places to encourage plants to grow well.

ENJOYING THE REWARDS

Children will rightly feel very proud when they manage to grow herbs with you, enough to actually use in the kitchen! This could also serve as a great introduction to cooking, as they will love to participate in the culinary process, using their harvested herbs in their favourite dishes. Together, you can make homemade pesto, herbal butter, infused oils, tasty drinks or anything else that takes their fancy!

Planting a family herb garden is an enriching experience that offers numerous benefits for both children and parents. It provides an opportunity for you to bond as a family, learn about nature, and explore the flavours and uses of different herbs. As you nurture your mini herb garden together, your little ones will witness the magic of growth and enjoy the rewards of your efforts. So grab your gardening tools and embark on this green-fingered family adventure!

RECOGNISING SENSORY THRESHOLDS IN KIDS

Is your child's cup full? Occupational therapist Nalini Maistry looks at sensory regulation and what you can do about it.



demands tend to fill up a little one's cup very quickly. Therefore, it's important that we try to offer our children ways to empty their cup throughout the day in order for them to be grounded, calm and alert.

As parents, it's good to observe children and try to determine situations or sensations that may fill up their cup, as well as activities or situations that help empty that cup. Research shows that movement is an evidence-based practice to help children empty their cup. Activities such as a home trampoline, a five minute dance routine on YouTube or joint compressions, such as a self-hug or palm presses, are all effective means of emptying the cup. Simple fidget toys, stress balls or ear defenders may also help.

Try to chat with your little one about their sensory struggles. If you're concerned, consider consulting with an occupational therapist and work together to help prevent these sensory meltdowns and drastically improve your child's quality of life!

Children have very busy schedules which often come with a variety of challenges throughout the day. These might be academic challenges, cognitive tasks, social interactions, emotions or daily needs, such as hunger, thirst and physical fatigue. Tasks that come with an additional sensory element may add to their already overflowing cup, making self-regulation much more difficult.

WHAT IS SENSORY DYSREGULATION?

Think about your coffee cup. When you continue to add coffee to a cup that is half full, it will quickly overflow and result in a mess. We can use this same analogy when we think of our children's sensory needs. In the morning, their cup is empty. As the day progresses, children are bombarded with sensory and emotional experiences that fill up their cup. Even just the morning routine can knock them off balance. The issues that they're struggling with could be anything

from a new cereal that has a different taste, a school shirt that has an itchy label, noises from other children on the school bus, waiting for too long in traffic or an assembly hall that has an overwhelming amount of sights and sounds. By the time a child gets into the classroom, their cup could be full to the point of overflowing, potentially resulting in a meltdown. This can present in different ways, including challenging behaviour, crying or avoiding the classroom altogether.

HANDLING THE UNEXPECTED

Sometimes a child's cup is empty when they're at home and, unexpectedly, some family or friends pay a surprise visit. This unanticipated visit may cause some level of anxiety for a child who is thinking ahead about people hugging them, the strong smell of the visitor's perfume or the social anxiety of being asked questions. Unexpected





HONOURING DADS: CELEBRATING FATHER'S DAY

In this article, we look at the special role played by dads and explore meaningful ways to make this Father's Day memorable.

Father's Day is a special occasion that provides us with the perfect opportunity to express our love, gratitude and admiration for the fathers in our lives. This heartfelt celebration is a chance for mothers and children alike to acknowledge the significant role fathers play in shaping the family. In this article, we will share creative ideas for celebrating and highlight the impact dads have on their little ones' lives.

THE IMPORTANCE OF FATHERHOOD

Fathers have an immense impact on a child's life. They're not just providers and protectors, but also pillars of emotional support and guidance. Research suggests that involved and nurturing dads contribute to their children's overall development,

fostering healthier relationships, improved academic performance and enhanced self-esteem. While we often discuss the importance of mothers and motherhood, there is also no doubt that fathers play a vital role in shaping kids' lives, helping them grow into confident, compassionate individuals.

A DAY TO CELEBRATE FATHERHOOD

With Father's Day just around the corner, it is a time for families across the United Arab Emirates to express their gratitude towards the extraordinary fathers who dedicate themselves to their children's wellbeing. Father's Day is not just a calendar date; it represents a lovely occasion for mothers and kids to come together and celebrate the invaluable contribution of dads. It's a perfect opportunity to acknowledge the love, guidance and support they give, as well as the positive role they play in building strong, loving families. In this magazine, we regularly talk about the amazing and heroic qualities of mums! Father's Day is a chance to do the same for dads, showing appreciation for the sacrifices, effort and selfless work of the father figures in your little ones lives. There are lots of great ways to show your appreciation and make the dad in your house feel special, which we go into below.

EXPRESSING GRATITUDE

One of the most powerful ways to celebrate Father's Day is by expressing genuine gratitude for all that fathers do. It can be really nice to get your children to write heartfelt letters, create handmade cards, or even put together a scrapbook of cherished family photos.



These personalised gifts will undoubtedly touch your partner's heart, serving as a beautiful reminder of the positive impact he has on your family's life.

QUALITY TIME TOGETHER

Father's Day is the ideal occasion to carve out quality time between little ones and their dad. Consider planning activities that the entire family can enjoy together, such as a picnic in the park, a family hike, or a fun game night. There are plenty of options for family outings here in the UAE, from exploring the beautiful beaches, to visiting cultural landmarks and galleries, or even just trying an arts and crafts activity together. Spending time together is the main thing, although trying something new as a group is a great way to have a memorable day as a family!

A CHANCE TO PAMPER

Mums and kids can seize the opportunity to pamper and spoil fathers on their special day, as it can be hard to persuade dads to indulge themselves normally. Treat him to a relaxing day at the spa, a homemade breakfast in bed, or a thoughtful gift that aligns with his interests and hobbies. The gesture will not only make dads feel appreciated but also provide you with a chance to show how much you care and value them.

REFLECTING ON FATHERHOOD

Father's Day presents an ideal occasion to reflect on the significance of fatherhood and its transformative influence. You might like to encourage your little ones to interview their dad, capturing his wisdom, stories and experiences. This is not only a unique experience but also allows children to get to know their father as his own person, as well as appreciating the wisdom and guidance that he has to offer.

PLAN A NICE TREAT

A treat can come in many forms, but is a sweet way to make dads feel special. Perhaps your kids could help with chores, prepare a delicious, celebratory meal, or organise a surprise, such as a homemade cake or a movie night. Involving the entire family makes the occasion feel more exciting, and also emphasises the value of teamwork and the significance of appreciating each other's efforts.

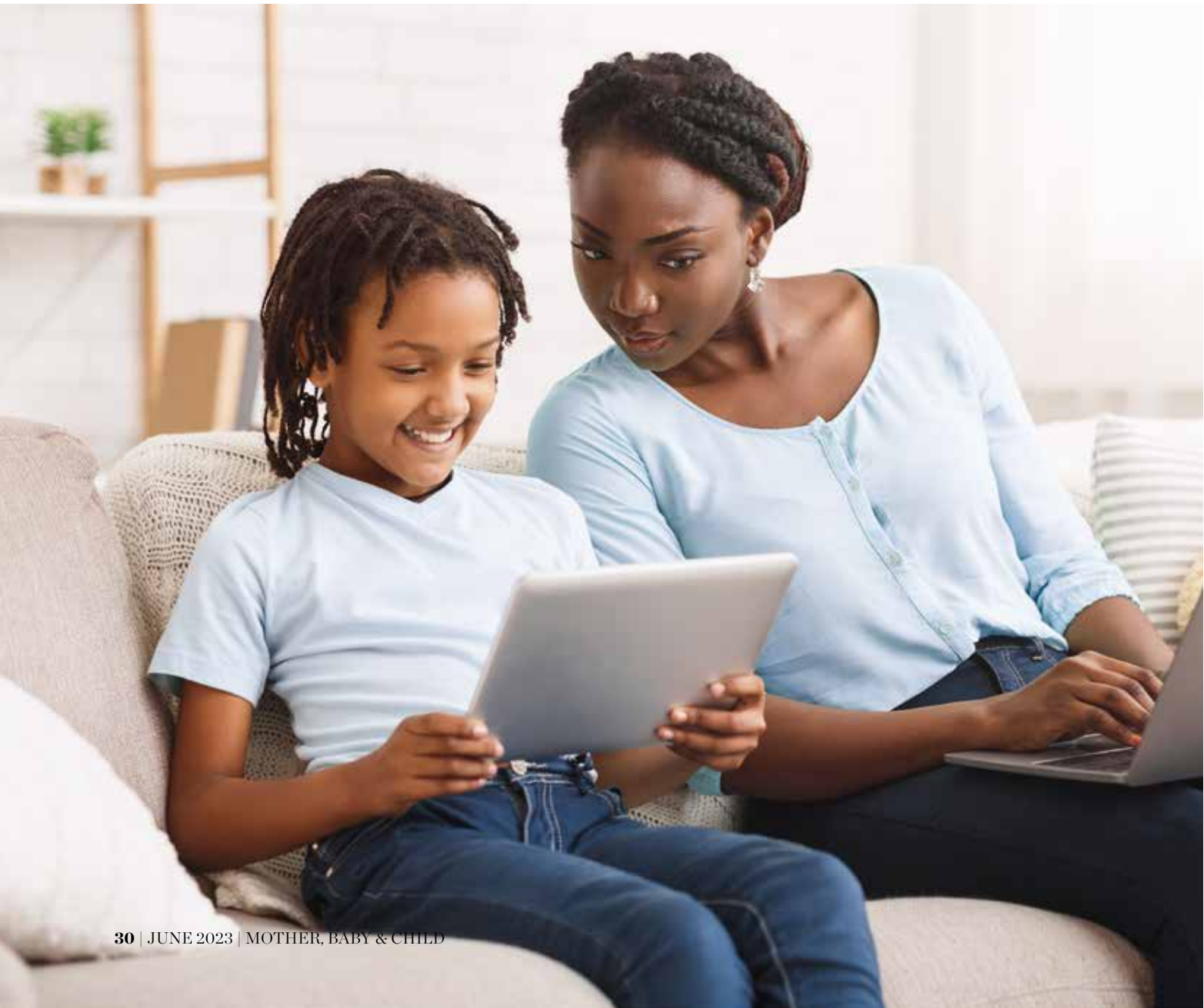
RECOGNISING ALL FATHER FIGURES

Father's Day is not limited to biological fathers alone. It is a day to appreciate all father figures who have played a significant role in our lives. This includes stepfathers, uncles, grandfathers, mentors, or any male figure who has provided guidance and support to you and your little ones. It's always nice to take the time to acknowledge these men and express your gratitude for the positive influence they have had on your journey on this special day.

Through spending quality time together and putting effort into a nice treat, you can create a memorable and meaningful day that honours the dad in you and your children's life, all while making lovely memories together as a family!

INTERNET SAFETY: HOW PARENTAL CONTROLS CAN HELP

How to make the most of the parental control tools available, so your child can navigate the online world in a stronger, smarter and safer way.



Last month, we discussed the parental safety controls available on TikTok - but what about the rest of your child's internet use? Cyber safety statistics indicate that over half of 12-15 year olds have had some form of harmful online experience, whilst one in eight young people have been bullied through social media. Knowing the risks that the younger generation face online, it's increasingly important for parents to feel comfortable using these tools, so children's digital wellbeing is protected. However, these controls might be confusing for many parents! Don't worry - with a little help and guidance, you will soon be up to speed on these useful aids. So let's start at the beginning and shed some light on how they work.

WHAT ARE PARENTAL CONTROLS?

Parental controls are a set of measures and limits that you can apply to your child's internet devices and accounts, to prevent them from accessing upsetting or inappropriate content online. Essentially, they are a toolkit for you to manage your child's digital safety.

Kids increasingly rely on the internet for their studies and social life, which is a marked difference in the way their parents grew up. This constant exposure is often (rightly!) a concern for a lot of families. The various technical tools on offer can be so beneficial in maintaining young people's safety online, allowing you to modulate your child's internet experience in a way that is right for your family.

REASONS TO USE PARENTAL CONTROLS

- To manage what kids find on search engines
- To prevent little ones spending money online
- To keep track of your child's location
- To teach good cyber safety habits and etiquette
- To implement screen time limits

It's quite easy to stumble upon harmful content on the web, so it's natural to want to protect children from this. However, parental controls are useful for much more. They give you the ability to teach your children how to use the internet wisely, and understand what is trustworthy and what's suspicious - which are critical life skills in this day and age.

WHERE TO APPLY CONTROLS

Max Beckett, broadband expert at Uswitch.com tells us, "While it's frustrating that different devices and platforms all have different sets of parental controls, setting them up on as many devices as you can is the best way to plug all the gaps. It will help you ensure that your child can enjoy everything they want from the internet with minimal risks to their safety." For more information, visit www.uswitch.com/mobiles and type 'parental controls' into the search bar, where you will find articles about controls on individual devices. For now, let's take a look at which areas of your child's digital life these tools can be applied to.

Websites

To stop your child visiting inappropriate websites, you can apply website blockers that will remove any chance of the specified sites being accessed. These can often be applied through the family settings of your broadband provider, on your child's devices, through your antivirus software, or through the web browser itself.

Smartphones

There are in-built parental controls to manage screen time on iPhones, and most Android phones have similar settings. These let you add a maximum number of minutes or hours of screen-on time, or time using a specific app. However, blocking app content has to be done individually on each app.

Online gaming

Certain settings can block your child from talking to strangers while gaming, limiting their communications just to friends and family, and keeping them safe from any potentially dangerous characters. Additionally, you can set parental controls on all the major consoles, like PlayStation, Xbox or Nintendo, to either turn off in-game purchases or turn on an 'ask to buy' setting, which will allow you to approve or cancel purchases as they come through.

Streaming

If your child uses your YouTube account, turn on 'restricted mode' to limit the content they can view. Alternatively, set your child up with



a 'YouTube Kids' account, which hosts much more appropriate content for young children. You should also be able to set parental controls directly onto most streaming devices, such as the Fire TV Stick, Google Chromecast, Apple TV and Roku Streaming stick.

PARENTAL CONTROL APPS

Below are some examples of the wide variety of apps available to assist parents in keeping an eye on their child's internet use and experience. Some are free, and some are paid, but all are designed to help you set the type of digital boundaries that fit your household! Some suggestions include:

- Norton Family - £29.99/year.
- Life360 - free version, and premium version \$4.99/month.
- Bark - premium version \$99.99/year.
- Qustodio - £39.95/year for five devices, £64.95/year for ten devices, £92.95/year for 15 devices.
- Net Nanny - \$49.99/year for one desktop, \$79.99 for five devices, \$89.99 for 20 devices.

There is no hard set of rules, and young people's digital use is rapidly expanding, leaving some parents feeling on the back foot. Whatever you choose to limit or monitor, be assured that you're making the right choice as a parent for you and your child. With an open mind, a little practice and some consistent effort, you should be able to find the right balance for your parenting style, helping your child navigate the online world in a stronger, smarter and safer way.

EDUCATION



The education section for June is devoted to helping your child improve their reading and writing skills, no matter their age.



A woman with long brown hair, wearing a red top, is sitting on a pink couch and reading a colorful children's book to a young child. The child is sitting on her lap, and the book is open, showing a vibrant illustration. The background is softly blurred, showing a patterned pillow and a lamp.

IMPROVING YOUR CHILD'S LITERACY SKILLS

Literacy is a major component of your child's cognitive development. Following these guidelines will give you the tools to coach your little one all the way from learning the ABCs to writing their own masterpieces!

Strong written and verbal communication skills are an absolute must for our children to navigate the modern world easily. There's no need to worry however, there are plenty of different ways to encourage children to develop these skills. Also, every child is unique and therefore grows and learns at their own rate. So there's no need to panic if your child isn't the first in their class to start reading! Anywhere between the ages of four and nine is considered usual. If you do have any concerns, reach out to your little one's doctor for guidance and any resources that may help.

YOUNG CHILDREN

Research suggests that the majority of parents overestimate the amount of time after birth that their little bundle of joy will be ready to begin developing literacy skills. The truth is that babies are absorbing information from the moment of birth, and so we should be communicating directly from the very start! Here are a few tips to help your child to start reading and writing:

Chat with your child

Many parents don't speak directly to their young babies as they think that, just because they're not responding, they're not listening. Though it will result in many one-sided

conversations, try to chat to your child as often as possible. Simple things like saying 'Hello!' or pointing out and naming objects is a great place to start. Believe it or not, your baby is taking all of this on and learning from a very young age. With toddlers, include them in conversation and ask them plenty of questions. This enables children to learn to express themselves while also showing that they're an equally important member of the family!

Listen and learn

When your child has slightly more ability, word association games are a really fun, educational tool. Starting with rhyming games, you can say the word 'pen', for example, and ask them to come up with as many words that rhyme with it as they can. For younger kids, these words can be real or made up, the aim of the game is to challenge their ability to hear a word and relate it to another.

A reading routine

Reading with your child is a tried and tested method for improving all aspects of their literacy. Reading to your little one will benefit them even before they can speak. Simply hearing all of the different sounds that the words make is contributing to their development. Progress towards pointing out specific letters and words as you pronounce them so that your child can associate the sound with the written version. Reading will really help to expand your little one's vocabulary and understanding of how language works. Have patience through this slow process and watch your little bookworm flourish!

Playful writing

Long before children are able to write properly, they will experiment with all sorts of scribbling and colouring. These are important stages on the journey to writing and enabling them will undoubtedly help your child learn to write. Consider setting up a table for your child to play with colours, pencils, markers, paint and paper. While it may seem that this is more about making art, the skills they will practise are key for learning to write. Don't be afraid to get involved!



OLDER CHILDREN

Learning to read and write is not an exclusive challenge to younger children. While older children have most likely got a good grasp of the basics, their literacy journey is by no means finished. If your child is a stronger reader, it's going to be beneficial to their overall development and wellbeing. In school, not having to worry about reading difficulties removes so many obstacles to success. Emotionally and socially, reading will equip your child to

understand themselves and others better, as well as enabling them to express themselves more easily. If you're looking to boost your child's reading skills, here are a few ways to get started:

Regular reading time

Reading is a skill and, as with any skills, practice makes perfect. Setting up a set time each day for your child to read is a surefire way to boost their ability.



When your child becomes able to read independently, this doesn't mean the end of the scheduled reading time. Even if they're comfortable reading alone, it's worthwhile being nearby to help if they get stuck on an unfamiliar word. Perhaps lead by example and read alongside your child. This provides support and encouragement to read while still allowing your child to enjoy the quiet time that reading brings. Once your child begins reading for pleasure, there'll be no stopping them!

Surround your child with books

One of the biggest pitfalls when it comes to children improving their reading ability, is the lack of access to books. There is all of the demand but none of the supply! Prevent this from happening by ensuring that there's a wide-ranging collection of suitable books in your home. Don't be afraid to have books in every room or even in the car. Children are curious and when curiosity strikes, it helps to have a book nearby that they can explore. A weekly trip to the local library is a cost-effective option that is sure to satisfy even the most eager reader!

Let them fall in love with reading

Some children protest that they don't like reading - they find it boring and pointless. The real issue here may not be reading itself but may actually be the kind of books they've been reading. We all have specific tastes and our children are no different. A history buff is less likely to be engaged by a science-fiction novel, or a sports lover by a series of mysteries. Help your child to discover their interests and show them books on these topics. Reading about something you're fascinated with is far less of a chore!

Reading outside their comfort zone

Once your child sees the value of reading, you might notice that they're only reading one type of book. Be it fantasy novels, non-fiction stories or anything else, they may have narrowed their focus onto one specific genre. As mentioned before, reading what they're interested in will enhance their love for reading, but branching out is also valuable. Encourage your child to read different things from time to time, taking in poetry, newspapers, plays and everything in between. The various types of literature will push your child outside their comfort zone, stimulating their brains even further and boosting their reading development.

The ups and downs

As with learning anything, there will be times when it's easy and times when it's hard. Reading is no different and so make sure to support your child throughout all of this. They may get fed up and frustrated at a lack of progress, or some of the reading material may become stale to them. Whatever the challenge, do your best to catch the problem before your little one gets too disenchanted and guide them back on track.

FINAL THOUGHTS

The path to reading and writing comfortably, and reaping all of the associated benefits, is a long and tricky one. Understanding this, and what your child needs to progress, is key to their development. Remember, this is definitely a marathon, not a sprint, and a reader is never made overnight. Allow your child to take their time and focus on cheering them on as they blossom!



SCHOOL & FAMILY BREAKS



This month we look at
the best destinations to
celebrate Eid al-Adha
with your loved ones!





INCRECIBLE EID GETAWAY DESTINATIONS

From city breaks and family adventures to luxurious retreats and cultural exploration, we shine the spotlight on destinations in the Middle East and Europe, perfect for families and couples to celebrate Eid al-Adha.

FOR AN OPULENT RETREAT

With one of the world's most unique and celebrated addresses, Al Maha, a Luxury Collection Desert Resort and Spa, lends itself to an indulgent Eid celebration. The private oasis is nestled among the lush palm groves, emerald canopies and iconic sand dunes of the Dubai Desert Conservation Reserve. This Eid, you and your loved ones can take an unforgettable horse ride, camel trek or nature walk, join a signature desert safari or learn the arts of archery and falconry at this beautiful



destination. The luxurious retreat boasts private outdoor pools with majestic dune and mountain views from its 42 expansive suites. If you're looking for a memorable way to mark this Eid, Al Maha could be a great option for your family to create a dream celebration.

FOR FAMILY FUN

Situated along Dubai's pristine Jumeirah beach, the Habtoor Grand Resort, Autograph Collection, Dubai is a superb place for families and couples to create special moments together this Eid.

SCHOOL & FAMILY BREAKS



The resort's vast array of recreational activities include an outdoor kids' pool with water slides and a kids' club, offering a whole host of fun to keep your little ones occupied. For couples seeking ultimate relaxation, the adults-only pool and spa are ideal for those who need to disconnect from the busy world. If you want a place to socialise and enjoy tastes from around the globe, the resort is home to 12 dining outlets, including Luciano's, Sauce and The Grand Grill Restaurant and Lounge. Beyond the resort, guests can discover some of the city's main attractions just minutes away, such as Dubai Harbour and JBR Walk. A fantastic getaway that has something for all the family!

FOR HISTORY

Located right on the coast of the Dead Sea, with picturesque views of the Jordan Valley, Dead Sea Marriott Resort & Spa, Jordan is a soothing escape with an abundance of local culture and historical sites to discover. These must-see locations include Mount Nebo, The Baptism Site of Jordan, Mujib Reserve, Dead Sea Salt Formations, Ma'in Hot Springs and Dead Sea Panorama. The freshly-renovated guest rooms feature private balconies overlooking the incredible scenery. Savour a meal at one of the hotel's restaurants, break a sweat in the 24-hour fitness centre or unwind in the signature hotel spa, which even features a Dead Sea salt pool. Surrounded by fascinating historical sites and a beautiful setting, this is a very unique way to celebrate this Eid - on the banks of the Dead Sea!

FOR GOLFERS

The Westin Cairo Golf Resort & Spa, Katameya Dunes is a jewel in the centre of a prestigious private enclave in New Cairo, Egypt.



It features a 27-hole golf course, designed by Sir Nick Faldo and Brian Curley, along with an extensive spa. With two different configurations, the golf course promises an enjoyable and exciting challenge for both beginners and more experienced players. The hotel features well-appointed guest rooms and suites with breathtaking views over the rolling fairways. Each room is a haven for wellness and relaxation, complete with the world-renowned Heavenly® Bed and the reinvigorating Heavenly® Bath experience. A bucket list retreat for golfers, this resort is sure to impress the fanatic in your family this Eid al-Adha.

FOR COUPLES

Deep within the desert landscape lies Al Wathba, a Luxury Collection Desert Resort & Spa, Abu Dhabi - an intimate retreat suffused with natural beauty and serene tranquillity. You and your partner can embark on an intentional wellness journey to rebalance the body, mind and soul at Saray Spa, availing of authentic treatments that



combine nature with traditional healing techniques. Inspired by classical dwellings, the resort's 99 guest rooms and villas feature timeless local details, traditional artwork and Arabesque touches, alongside a variety of dining destinations set against a stunning desert backdrop. Step away from it all and into this exclusive natural environment, with the space to reconnect and the freedom to lose yourself this Eid.

FOR PEACE

Iaïla, A Tribute Portfolio Resort, Seychelles offers a peaceful oasis, perfect for travellers who seek out incredible Eid experiences and crave a connection with the local community. Located close to Anse Royale, the picturesque white sandy beach on the South-eastern coast of Mahé island, the resort's spaces feature a calming colour palette complemented by pops of green that pay homage to the tropical surroundings. The 76 bespoke guestrooms are beautifully decorated with nature-inspired aesthetics and a hand-woven macramé bed board. Guests can upgrade their stay at one of the eight suites, including the Senior Suite, which offers a private plunge pool and terrace overlooking the Indian Ocean. The resort is home to five restaurants and bars, a water sports

centre, a swimming pool, a 24/7 fitness centre, a spa, a barbershop and a kids' recreation area. Anchored by the brand's passion to drive connections with the locale, the resort curates a series of village experiences, including Creole cooking classes, weaving demonstrations and Moutya music experiences. Guests looking to see the area through a local's eyes can join insiders on day trips to explore the village market, embark on a fishing trip, hike through the jungle or take expeditions to neighbouring islands - all arranged by native experts. What a peaceful way to spend Eid this year!

FOR WELLBEING

After a 25-month renovation phase, The Westin Grand Frankfurt reopened its doors last autumn. This family-friendly hotel is located at the crossroads of historic and modern Frankfurt and is a natural gateway for those wishing to explore the lively metropolis, cultural



institutions and museums on offer. Some of the world-class museums include the Städel Museum, the Schirn film museum and the Liebig Haus, with its stunning sculpture collection. After a long day of exploring Frankfurt, you can make the most of the indoor heated pool and spa treatments, to ensure the whole family has a truly enjoyable Eid al-Adha stay. This option is a nice balance between culture and rejuvenation!

FOR QUALITY TIME

The JW Marriott Venice Resort and Spa is located in the romantic Mediterranean setting of Isola delle Rose, just a few minutes by boat from Piazza San Marco and boasts 266 rooms and suites, in an unbeatable location. In addition to wellness treatments, designed to help you to reset at this special time of year, the resort also has four restaurants, water sports, an outdoor cinema for families, lush green areas and a rooftop lounge with a swimming pool and idyllic views of Venice. To top it all off, there's the Savori Cooking Academy, ideal for cuisine connoisseurs who want an authentically Venetian experience and atmosphere. JW Marriott Venice has always been the go-to destination for families, with lots of options to keep your little ones entertained and plenty of ways to spend quality time together this Eid.

FOR AN EXCLUSIVE ESCAPE

Overlooking the Grand Canal in the heart of Venice, The Gritti Palace, A Luxury Hotel boasts one of the most enthralling views of the lagoon city. Dating from 1475, this noble palace and luxury 5-star hotel is a place of exceptional elegance that retains the



reassuringly intimate and familiar feel of a private residence. A historical treasure where heritage and culture blend with renewed Venetian style, the hotel is a refined version of the iconic original palace, offering attentive service, a delectable culinary experience and plenty of options for relaxation and pleasure. From the design of its signature suites and terraces, to the Gritti Epicurean School, Riva Yacht experiences, Riva Lounge and the Gritti SPA, The Gritti Palace is a genuinely exclusive setting that will certainly make this Eid unforgettable.

FOR BEACH LOVERS

Located on the beachfront along the famous Barceloneta boardwalk, this sail-inspired architectural masterpiece is in a class of its own. W Barcelona has 473 fabulous rooms and suites, with panoramic views of the Mediterranean Sea and the city of Barcelona. Make sure to sample the exceptional cuisine of FIRE, a modern brasserie which has become one of the dining hotspots of Barcelona. The hotel is famous for its WET Deck, where you can enjoy a dip right by the sea, and the VIP Cabanas, a perfect option for those wishing to enjoy a private, intimate resort experience. These spectacular cabanas have sofas, chairs, double and single hammocks, speakers and two of them even have their own Jacuzzi! The SPA by W Barcelona features a wonderland of stress-relieving therapies, with a signature menu of services such as full body massages and red-carpet skincare treatments. Its brand-new relaxation area GETAWAY is the perfect place to recover and enjoy spectacular views over the Mediterranean Sea. This Eid, W Barcelona is not to be missed!

With so many options available, there is something to suit all households this Eid al-Adha. So why not take your family on a gorgeous trip to celebrate this special time of year, and make lots of special memories!

HOME & GARDEN



Painting your home with
minimalism in mind;
setting your bedroom up
for sleep and creating a
child-friendly outdoor
space!



THE GIFT OF A GOOD NIGHT'S SLEEP

Getting a good night's sleep can be a real challenge. Here are a handful of products that might just help you get the rest that you deserve.

A good night's sleep is one of the best ways to take care of your health and happiness. Good quality sleep is paramount for good emotional and physical health. In the 'always on' environment of this modern world, full of technology and the pressures of society, it's more important than ever to truly rest your mind and your body by making good sleep a priority. From sleep-inducing aromatherapy, and home fragrances, to customised pillow sprays and luxury sheets, here are some suggestions that might just give you and your family the gift of a good night's sleep.

THE POWER OF FRAGRANCE

A good sleep routine becomes a signal to the body to relax and detach from a busy day. Essential oils or fragrance diffusers containing lavender and chamomile are a really effective way to aid relaxation and to promote better sleep. The "Perfect Night's Sleep" Reed Diffuser from Neom is a lovely way to help you wind down at night. This dreamy blend uses 100% natural fragrances, with lots of pure essential oils, including lavender, jasmine and sweet basil - sure to soothe you into a deep, relaxing sleep.

LET YOUR SKIN BREATHE

The climate in the UAE makes it essential to choose breathable fabrics. Cotton is the best fibre for coolness, and so Linen Obsession's "Real Hotel Linen" 500 Thread Count Cotton Sateen Sheets are an absolute winner when it comes to staying comfortable through the night. Nothing beats a crisp hotel bed made of white

cotton linen! Now you can replicate hotel opulence in your own home, with these super high thread count, smooth sateen sheets.

SILKY SOFT COMFORT

One of the biggest disruptions to a restful sleep is allergies. If you suffer from allergies due to dust mites, it's recommended to always choose allergy-free products. Linen Obsession has a clever range of dust-resistant bedding, including silk pillowcases and 100% silk filled duvets. The gorgeous Mayfair Silk Pillowcases are incredibly soft, and won't wrinkle or dry out your skin and hair. Plus dust mites aren't interested in silk, so your allergies won't flare up!

BUILD YOUR FOUNDATIONS

The humble pillow is an essential building block of a good night's sleep. Finding the right one can be a challenge, as it all depends on how you sleep. For example, a side sleeper will need a deeper option than a front or back sleeper. People who prioritise neck and back care should look for a contour pillow for better alignment, while there are some wonderful hybrid options available in feather and down pillows, which offer both a supportive inner core and a soft outer down layer. We particularly recommend The Pro-Pil-O "Viscomed" Neck Support Pillow from Kauffmann as a great choice to rest your tired head.

You can visit Linen Obsession's flagship store at Mirdif City Centre, or shop online at www.linenobsession.ae where you'll find the complete collection of linen, bedding, sleeping aids and natural home fragrances, to help send you into your most restful sleep yet!

STYLE THROUGH SIMPLICITY: MINIMALIST COLOUR TRENDS

Explore interior colours that showcase how less is truly more.



Minimalism is a design concept that emphasises form, focus and functionality in all aspects of home décor, including interior wall painting. With instantly recognisable crisp and clutter-free aesthetics, it introduces an aura of comfort and visual calm, through subtle accents of colour that highlight the architectural features of a space.

KEEPING THINGS SERENE

Minimalism doesn't have to mean moody, dark colours or harsh uncomfortable environments. It's a style best used when adopting a 'less is more' approach. The intentional ethos of minimalism enables us to reduce the amount of 'visual noise' in our homes. Instead, we can use a holistic approach to decorate in a well thought out way, that is both practical and beautiful.

Jotun Paints' 2023 Stories colour collection consists of interior paints that explore minimalist styles, under the theme of serenity. With a wide variety of hues, the focus is on achieving clean and relaxed looks, especially when paired with select furniture and accessories. Jotun's overall aim is to add value to spaces through the thoughtful use of colour.

OUR FAVOURITE HUES

Below are our top three picks from Jotun's collection, for paint colours that will definitely help bring a minimalist aesthetic to your home:

Spring Air

A pleasant greenish-yellow that exudes tranquillity, this shade brings a delightful hint of nature indoors. Perfect for peaceful settings, the colour remains true to minimalism while adding brightness to a room, as it really pops under natural light. It brings wonderful balance to a space by adding depth, particularly when paired with neutral-coloured furniture and natural wood finishes.

Jotun Color Code: 8087

Cheerful Peach

Inspired by the soft hues of sunrise and sunset, this vibrant and inviting shade radiates positivity and love, creating a serene atmosphere in any space. 'Cheerful Peach' perfectly complements earthy and bright accessories with gentle curves and clean, straight lines. To boost this alluring effect further, consider adding sleek, slim furniture in brown tones.

Jotun Color Code: 1520

Cashew

An ideal base colour for light and airy homes, 'Cashew' imparts a sense of stability and spaciousness. This hue provides the perfect backdrop for some statement furniture pieces or artwork. Consider adding some shiny accessories or darker flooring, for an effortlessly stylish space.

Jotun Color Code: 1931

A cluttered home can lead to a cluttered mind, while a touch of minimalism can keep you in a more intentional frame of mind. Taking inspiration from this aesthetic is a lovely way to help bring the focus back onto the simpler pleasures in life - such as spending precious time with your family. You can shop for paints directly from Jotun or any authorised retailers, making it very easy to make a change in your home and try out the benefits of a little bit of minimalist home décor!

CREATING A CHILD-FRIENDLY OUTDOOR SPACE

With the summer holidays in mind, now is a great time to work on making a space outdoors where your kids will love to hang out and play.



An outdoor space for your children can be a great addition to your home, especially during the holidays. With the year-round sunshine and unique challenges of the region, designing a child-friendly outdoor area requires careful thought and consideration.

SAFETY FIRST

When designing a child-friendly outdoor space, safety is always a top priority. Be sure to enclose the area properly with some fencing or barriers to make sure everyone stays safe! It's also good to think about soft flooring or artificial turf to cushion falls, depending on the age of your little ones. Remember to regularly inspect the area for potential hazards. As many parents know, kids have a knack for finding these items! Look out for things like sharp edges, loose screws, tripping hazards, and any dangerous plants or substances.

WHY ZONES WORK

To create an outdoor space that caters to the needs of different children, consider dividing it into age-appropriate zones. Designate areas for different activities, such as a sandbox for younger children, a climbing structure for older kids, or a quiet corner for reading and imaginative play. Incorporating a mix of

active and calmer play areas helps to accommodate different energy levels and interests, so the outdoor area stays a place where kids can continuously learn, explore and have fun.

EMBRACE NATURE

The UAE's unique natural beauty provides an incredible opportunity to connect children with nature. It can be fun to integrate interesting elements into the outdoor space, such as child-friendly plants, sensory gardens, or even water features. Child-sized gardening tools can be a great way to create a sense of ownership and encourage little ones to explore, touch and smell different plants, fostering a love for the environment. Engaging with nature in this way enhances kids' sensory development, sparks curiosity and provides a valuable hands-on learning experience.



BEAT THE HEAT

The UAE's scorching sun requires a little planning when it comes to outdoor fun. Incorporate shade structures like pergolas, canopies or umbrellas to protect your children from direct sunlight during peak hours. Natural shade from trees or vertical gardens can also offer little ones some relief. Consider designing spaces with overhead coverings or shaded seating areas where children can take a break, have a snack, or engage in quieter activities. By creating well-shaded retreats, you

ensure that children can enjoy the outdoors while staying protected from the intense heat.

PLAYFUL ELEMENTS

The garden can be a place that stimulates creativity. A dedicated art corner with easels or chalkboards, or a water play area for sensory exploration can all help fuel your child's creative spark. Physical structures such as playhouses, treehouses or secret hideouts are also excellent ways to inspire imaginative adventures.

An outdoor space can be a haven of fun for the family. With these tips and tricks you'll soon have an oasis where your children can embark on endless adventures and thrive - the perfect place to spend their summer holidays making memories!

GOOD LIVING



The clever new app
that keeps pets safe;
beauty picks for June
and some exciting
competitions!



THE NEW WAY TO KEEP YOUR PET SAFE

Many families have a beloved pet who brings so much love into their lives. The fear of what would happen if they got lost is hard to think about. Dozens of pets go missing in the region every week and many of these beautiful animals are not properly tagged, meaning many may never find their way back home again. You only have to look at bulletin boards or on social media to see that lots of adored pets get lost all the time. However, this is a heartbreak that can easily be prevented - let's take a look.

WHY IDENTIFICATION MATTERS

The easiest way to protect your furry family members is by making sure they can be identified easily. If your dog or cat is wearing a tag, this is a simple but effective indicator that they have a family and may be missing.

When an animal is found without an ID tag, the current process is disjointed. Most pet parents aren't aware that there's no central microchip database here in the UAE. Lost animals are taken to the nearest vet for a free microchip scan, but if the animal isn't registered to that particular vet, the gruelling process of contacting every vet in the city must begin, until a match is found.

A NEW SOLUTION

Carlie Leake discovered this first-hand when her cat Moo went missing for three days. This scary experience motivated her to create a better solution for all pet owners in the region, and so 'Where My Paws At', the first pet safety app in the UAE, was born. Her business offers a new solution by creating a centralised safety platform, where pet owners become part of a singular platform that can be alerted if their pet goes missing.

HOW IT WORKS

Whilst other tracking and tagging services exist, they rely on your pet being brought



to the same clinic they were microchipped at in order to be traced. 'Where My Paws At' provides a central place that connects registered vet clinics, pet owners, charities and rescuers across the country, significantly increasing the chances of reuniting owners with their missing animals.

In this system, your pet's smart tags link to an app. Each tag comes with a unique QR code that shows important information from your pet's profile when your tag is scanned - and all that's needed to access this information is a camera phone. If your pet is taken to a registered vet using the app, their microchip details can be checked via the app and your pet's profile will show, so they can contact you directly. If someone finds your pet through the app, they can notify you immediately. The direct call function allows the finder to contact you directly and share their exact location with you via an app alert and email. Lastly, the person who finds your pet does not need to be part of Where My Paws At for the tag to work, so most eventualities are covered.

Visit www.wheremypawsat.com to set up your profile or to find further information!

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Here are my June picks for healthy hair care, beauty booking solutions and stunning floral accessories.

EMBRACE FLOWER POWER WITH THE PRET COLLECTION



It's that time of year when nature is on full display, so I thought I'd talk to you about a jewellery collection inspired by the natural beauty of blooming flowers and vibrant colours. The Pret Collection by Amaranté Jewels is a line of minimalist jewellery crafted with meticulous attention to detail - designed to provide both comfort and style. The delicate diamond-encrusted flowers of this collection are set in sleek 18k gold settings, perfect for everyday wear or as a beautiful statement accessory.

Established in 2021, the brand draws inspiration from the Art Deco era, incorporating vintage aesthetics with modern motifs. With its elegant design and exceptional quality, each piece of this line adds a feminine touch to any outfit and will stand the test of time - which is always important to me! Available in four gorgeous colours, the pieces can also be layered together for a more dramatic effect. Whether you're investing in your first piece of jewellery, adding to an existing collection or buying a special heirloom gift for a loved one, I think the Pret Collection is a lovely collection to choose from.

Follow the brand on Instagram @amarantejewels for more information.

FLAUNTE, YOUR NEW BEAUTY BOOKING BEST FRIEND

Calling out all beauty, wellness, fitness and lifestyle enthusiasts! I am excited to tell you about a new app called Flaunte, which promises to be a one-stop booking solution that brings businesses, freelancers and customers together.

Founded in 2020, Flaunte is a homegrown beauty and wellness service booking system that combines a wide range of businesses and freelancers across Dubai and Abu Dhabi into one convenient space, allowing you to easily locate services whenever you need them, and choose the one that suits your needs. Through the app, you can discover professionals and salons nearby, get inspired by gorgeous content on the app's explore page, or leave it to Flaunte to create a bespoke package customised to your needs. The app is here to save you time on endless research, which sounds ideal to me!

BRIDGING THE GAP

"As an Emirati entrepreneur and lover of everything beauty, I saw a gap in the market for last-minute beauty services - without compromising on quality" says Founder, Jazie Suwaidi. "Our vision is for Flaunte to become a staple in the beauty industry, by providing convenience and creating a bridge between consumers and businesses."



Aside from proudly partnering with varied beauty, wellness, fitness and lifestyle professionals, the app also delivers those hard-to-find products direct from the salon to your doorstep,

saving you from any unnecessary trips. You can also save your favourite services and products, and manage appointments easily, allowing you to rebook previous appointments or create new ones. This is an innovative new app that's definitely worth checking out if you're a fan of products and treatments but you want to save on time!

Download Flaunte from the App Store or Google Play.

GIVE YOUR HAIR A SUMMER GLOW WITH LUSH'S HENNA BRICKS

I'm a big fan of henna, so when Lush launched a new and improved version of their henna bar, I knew I had to share it with you. Harvested from plants, henna is a completely natural herbal hair colourant that has been used by people for thousands of years. Rather than breaking the cuticle like ammonia does, or stripping away the hair's natural colour like peroxide does, henna coats the hair in a protective, translucent layer that boosts body and shine. It works so well that many women use henna primarily as a treatment for hair health, with the gorgeous glossy colour being a bonus! Lush's unique cocoa butter henna brick is great for helping the henna to slide through your strands with ease, so it's less messy and extra conditioning all at the same time! Whilst I adore the rich colour henna gives my hair, it can be really tricky to apply in the traditional paste form without getting pigment on everything. This solid brick is a neat and useful solution that makes the whole process a lot less stressful!

GIVE THE PLANET A HELPING HAND

Wrapped in recycled paper packaging, Lush's henna is vegan, self-preserving and 100% natural. Lush sources the best Iranian henna through fair trade practices, and organic cocoa butter from Sierra Leone, where farmers are helping restore the Gola rainforest, making Lush's henna brick not only good for your hair, but also for the planet.

GO NATURAL

Daisy Evans, Lush Hair Lead explains "I believe customers deserve more from their cosmetics - they are more aware



than ever before of the negative effects of using instantly gratifying, appearance-changing products in the skincare world, and the same is true of using synthetic hair dyes."

She adds that "Studies show us that customers are looking for dyes that can double up as haircare - and herbal hair dyes offer exactly that. A beautiful blend of herbs, flora and masses of cocoa butter give both your scalp and hair a dose of real thirst-quenching moisture. It's a wonderful product that I'd recommend as a colourist if you are looking to gently treat your hair and scalp whilst achieving a natural looking hair colour."

A VARIETY OF SHADES

Lush's new and improved henna formula contains more cocoa butter than its predecessor, giving you an even smoother application and softer hair. The bricks are priced between 130 AED and 150 AED, and are available in five different shades:

- Vénitien: pleasant strawberry blonde
- Brun: satisfying cool brown
- Rouge: warm copper red
- Marron: rich chestnut brown
- Noir: deep, coffee brown

Lush's henna bricks are available online at www.lush.com/mena/en_ae and in Lush stores across the region.



COMPETITIONS

motherbabychild.com/competitions

WIN! A MINI EXPLORERS CLASS PACKAGE, WORTH AED 600



To celebrate the launch of Dubai's newest baby sensory company, Mini Explorers, we are giving away a term of complimentary sessions for your baby or toddler. Offering immersive sensory development classes for little ones, Mini Explorers was launched to bring Dubai's parents the opportunity to experience hands-on learning with their children, through classes for new-borns and babies up to 13 months and toddlers from 14 to 36 months. The Mini Explorers team has developed a holistic sensory programme, driven by unstoppable imagination, limitless enthusiasm and years of educational research. This is a programme with a difference, one which delivers a warm, safe space - not only for babies and toddlers but also for grown-ups too! Choose from two convenient locations across Dubai; Playtorium at the Meadows Village and Cheeky Monkeys at Arabian Ranches II. To find out more, visit www.miniexplorers.ae or follow @mini_explorersuae online.

WIN! A 2 WEEK PASS TO UFC'S LARGEST GYM, WORTH AED 799



Enter for a chance to win a 2-week pass to UFC's largest gym in Dubai, complete with access to a range of fitness classes and top-of-the-line

facilities. The 14-day fitness pass includes access for one parent and one child aged between 4-16 years old. The pass allows the adult access to all classes offered at the UFC gym Silicon Oasis branch, Dubai, as well as personalised training sessions with experienced trainers. Your child will have access to all the youth classes, including Youth Boxing, Youth MMA, Youth Kickboxing and more. How exciting!

WIN! A ONE NIGHT STAY FOR TWO AT DELTA HOTELS BY MARRIOTT JUMEIRAH BEACH DUBAI, WORTH AED 800



We're giving away a cool staycation treat this summer at Delta Hotels Jumeirah Beach Dubai. A lucky winner will enjoy a one-night stay in one of their guest rooms, inclusive of breakfast at Jones the Grocer JBR

Dubai. Alongside a night's stay at this gorgeous hotel room, you'll be able to drink in the incredible views of Dubai Marina and Ain Dubai. Delta Hotels Jumeirah Beach Dubai is perfectly located between The Walk, JBR and Dubai Marina, featuring rooms and suites, an outdoor swimming pool, a fitness centre, as well as three restaurants and bars. Sounds ideal!

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 PARTY RANGE FROM PARTY CAMEL, WORTH AED 500



If you're looking to throw an elegant Parisian tea party, Party Camel is just the place to find all the boutique party supplies you need! They have recently launched the Meri Meri X Ladurée collection.

Meri Meri party, a brand distributed by Party Camel exclusively in the region, has collaborated with the equally pretty and whimsical Parisian patisserie and macaron-making brand, Ladurée, creating a sumptuous party range that will make any occasion a little sweeter. The bright pastel hues, classic pistachio green and youthful charm is ideal for birthdays, bridal showers, baby showers, and garden tea parties for all ages. This is your chance to win AED 500 to spend on the collection and host a party filled with a Macaron Napkin Pyramid, Macaron Surprise Balls and Gold Dipped Tall Tapered Candles!



WIN! 1 MONTH OF FREE ATTENDANCE AT HUMMINGBIRD NURSERY, DAFZ, WORTH AED 4000

Step into a world of endless possibilities with Hummingbird Nursery, where little minds bloom and creativity thrives. Sign up for three consecutive months and enter our competition for a chance to win a month of free attendance, worth AED 4000. With their award-winning early childhood education programs for little ones aged three months to five years old, kids can receive the best start in life. Don't miss out on this opportunity to unlock your child's potential - enter now and let your child's brilliance shine at Hummingbird Nursery!

WIN! A FAMILY STAYCATION WITH RADISSON HOTELS, WORTH AED 1000



Experience the ultimate family retreat with the exclusive RAD Family Kids program and create lifelong memories with your loved ones, courtesy of Radisson Hotels. Get the chance to win the ultimate family staycation at Radisson Blu Hotel, Dubai Canal Views, featuring a variety of activities, gifts and experiences that will keep little ones entertained throughout the trip. Surprise kids with a getaway filled with laughter, adventure and cherished moments - allowing them to immerse themselves in a world of fun!

WIN! A SELECTION OF MARTIANS HEALTHY GUMMIES AND SYRUPS, WORTH AED 500



Martians by STADA is an immunity-boosting range of gummies and multivitamin syrups that kids love! Available at select pharmacies in the UAE, the gummies give children the nutrients they need to help them develop and grow. Martians recognise the importance of children's growth and building a strong immune system, and this product range

supports children's immunity. The gummies are gluten-free and free from all preservatives, dyes and sweeteners. Suitable for children aged three and above, little ones need to take just two of these delicious gummies a day. Regardless of your kids' diet (or for any picky eaters!) Martian's gummies are a great way of ensuring their health, vitality and immunity is maintained.

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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