

ISSUE 145 | JULY 2023 | DHS15

# Mother Baby & Child

**TIPS FOR A  
SMOOTH  
PREGNANCY**

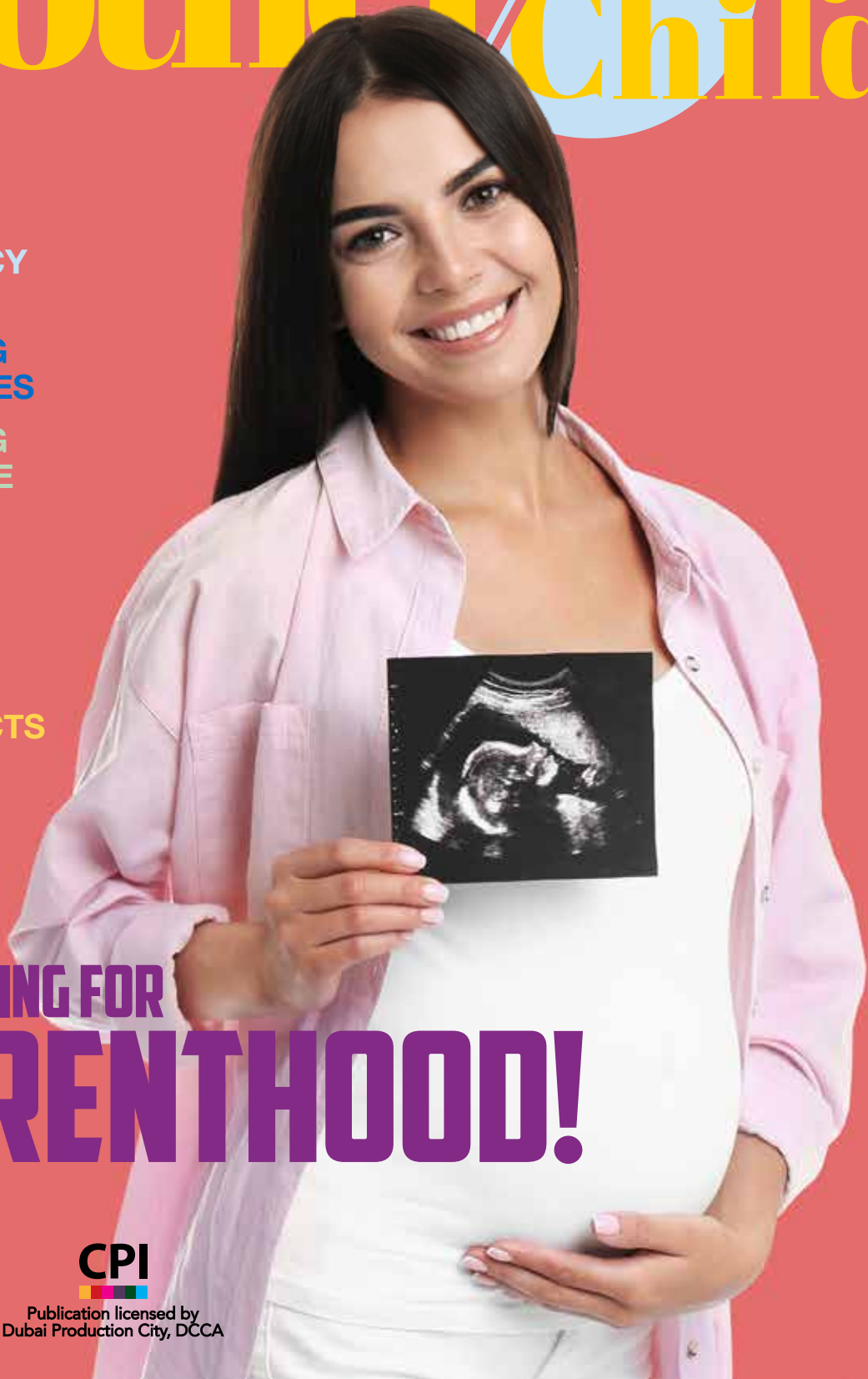
**POSITIVE  
PARENTING  
TECHNIQUES**

**FOSTERING  
RESILIENCE  
IN KIDS**

**HEALTHY  
SUMMER  
SNACKS**

**HOW THE  
SUN AFFECTS  
YOUR SKIN**

**PREPARING FOR  
PARENTHOOD!**



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# EDITOR'S LETTER



## *Hello Mum!*

Summer is well and truly underway, and with it comes all kinds of challenges – the first one being the heat! With this in mind, there is an interesting article on page 18, all about how the sun affects our skin health. We go through what to be careful of in this hot weather, as well as ways the sunshine boosts your health. Speaking of the summer, I know many parents worry about their children's learning during the holidays. It's a challenge to guard against the 'summer decline' and manage your little one's education without the structure of school. We've carried a useful piece on page 36, discussing fun activities and games to play at home together which will keep children developing their learning skills, so they're sharper than ever when the time comes to go back to school!

Pregnancy and preparing for parenthood is a big theme in this issue. Turn to page 29 to read the top tips to keep in mind for as smooth a pregnancy as possible, and on to page 44, for a look at what goes into preparing your new arrival's nursery! For mothers who are a little further along in their parenting journey, we have an excellent article on page 23 that talks about fostering resilience in children, how essential it is for their mental wellbeing and success, and how best to nurture it in your little ones. You will also find a useful rundown of ten techniques for positive parenting that you can implement at home. Read all about it on page 26!

This month, the entire School & Family Breaks section is dedicated to showcasing three amazing family-friendly resorts from around the world, perfect for a unique holiday together, surrounded by stunning nature. From a quirky resort in the tropical haven of Mauritius, to a Grecian escape on the island of Corfu or a private oasis in the Maldives, your family is sure to find an option that they love! Make sure to check it out on page 39.

The Editor's beauty picks for July (page 47) include a selection of gorgeous summer fragrances to take you from day to night this season, as well as a handy guide on how to do your makeup so it lasts in this sweltering heat!

You know by now that I don't like to spill the beans here, but rather, I'll leave you to read the magazine for yourself! My parting advice is to enter our brilliant competitions, because you never know - you might just be this month's lucky winner!

Happy reading!

*Ella*

Editor

Mother, Baby & Child Magazine

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## Editor's PICK

### FIGHTER SHOTS - YOUR NEW SUMMER SIDEKICK

Say hello to the new, healthy alternative to your everyday caffeine fix. I'm delighted to introduce you to Fighter Shots, the spicy superhero of wellness! This brand-new line of immunity and health-boosting shots promises to deliver a quick pick-me-up in a convenient way.

Fighter Shots offer two unique flavours - The Ginger Shot and The Ginger Turmeric Shot. These zesty shots are packed with a concentrated dose of ginger and other vitamins, minerals and antioxidants. What's more, Fighter Shots come with no hidden surprises - just premium-quality, natural ingredients, free from artificial colours, flavours and preservatives. They're vegetarian, and have no gluten or added sugar, so you can enjoy them guilt-free!

Whether you're looking to energise yourself for the day and need a kick, or want an extra boost before working out - pop a Fighter Shot and the results will speak for themselves.

*Fighter Shots are now available in select leading stores across the UAE. For more information, visit [www.fightershots.co.uk](http://www.fightershots.co.uk) or check them out on Instagram @FighterShots.*



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— PICK —

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## MINI EXPLORERS - LEARNING THROUGH PLAY

I have some exciting news! Mini Explorers have announced the launch of a new venue that will provide more parents, babies and toddlers across the city with an unparalleled sensory and educational experience.

The Mini Explorers team have developed a holistic sensory programme that is driven by limitless imagination, enthusiasm and years of educational research. Classes are priced at AED 120 per class or AED 500 for a 5-class package, and are split into two groups; babies and toddlers. Baby classes focus on strengthening the bond between parents and their babies, while also supporting the all-round development of your little one. In particular this will build their physical, visual and social awareness, as well as key motor skills.

The toddler classes offer active and engaging sessions that focus heavily on interacting with other children, improving language and team-building, as well as emotional awareness, gaining confidence and physical skills, all developed through play.

Mini Explorers Classes are available at the following locations:

- Cheeky Monkeys at Arabian Ranches II - Mondays from 10:00am to 12:30pm
- Candy Floss at Jumeirah Golf Estates - Wednesdays from 9:30am to 12:00pm
- Playtorium at the Meadows Village - Thursdays from 9:30am to 12:00pm

*For booking and more information, visit [www.miniexplorers.ae](http://www.miniexplorers.ae) and follow @mini\_explorersuae to stay up to date.*

# ORA Mini-MBA

Join us in raising future entrepreneurs

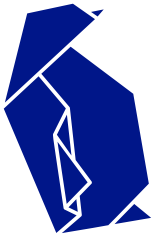
## Weekly Modules:

- Introduction to Business
- Marketing
- Leadership
- Innovation
- Budgeting
- Customer service
- Financial Literacy
- Teamwork
- Negotiation Skills

Age Groups: 4 to 5 Years

**Book a Tour**

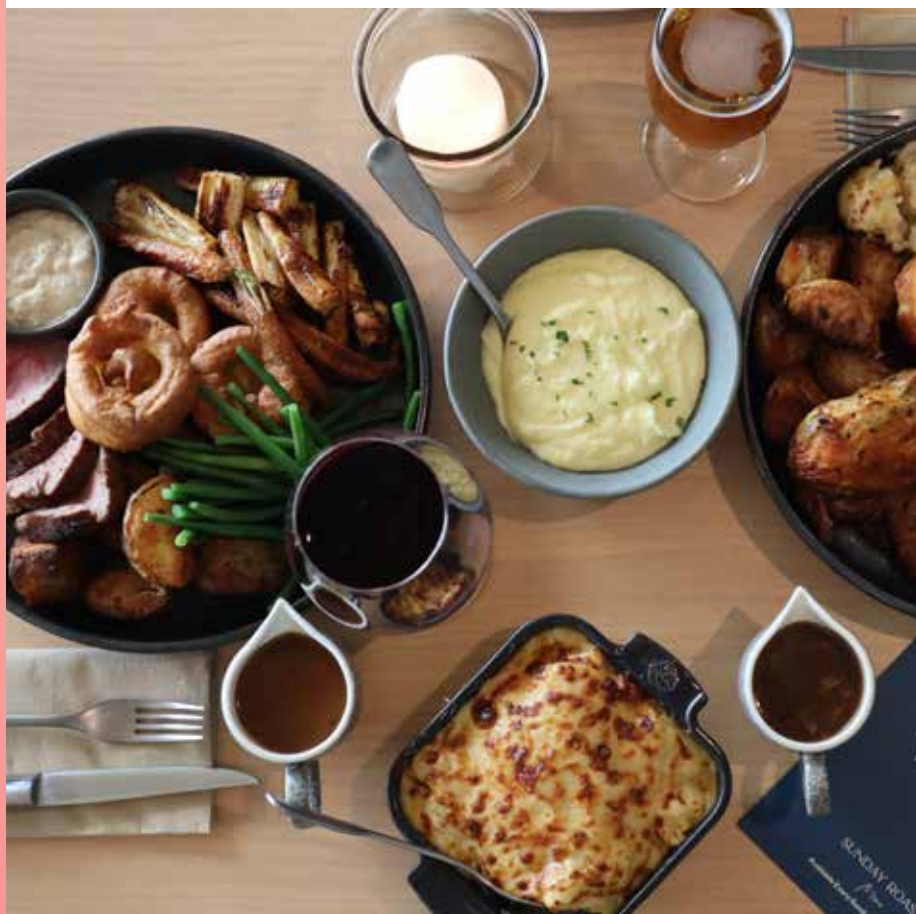
**AED  
900  
Per Week\***



# THINGS TO DO



A spa experience to get excited about; Thai food for all the family; a superhero extravaganza and more!



## WEEKEND ROASTS AT THE STRAND

Due to popular demand, The Strand has extended its legendary Sunday roast to Saturdays, at its Mediterranean-inspired craft kitchen right in the heart of Palm Jumeirah. Each Sunday since The Strand opened in April, every table has been fully booked! This has prompted The Strand to produce the delicious roast all weekend, so that you and your loved ones can savour this crowd-favourite more often.

The weekend roast includes a selection of homemade dishes, including beef tenderloin, organic salmon and vegetarian meatloaf. Yorkshire puddings and seasonal vegetables are also served with every meal. Little ones can enjoy the kids' roast chicken with homemade fries from 12pm to 7pm, and prices start at AED 85.

**Location:** The Strand, Palm Views West, Palm Jumeirah, Dubai

**Time:** Every Saturday and Sunday, from 1pm to 7pm

**For bookings and more information, call 04-430 221 and follow The Strand @strandcraftkitchen on Instagram.**

# ESCAPE THE SUMMER HEAT AT PAI THAI

Take a trip to Thailand this summer (without even leaving the city!) at the award-winning restaurant, Pai Thai, which is nestled within the serene gardens of the palatial Jumeirah Al Qasr. Available for a limited time only, you and your loved ones can savour a mouth-watering menu to celebrate the flavours of the season.

Thanks to newly appointed head chef, Amara Mahayothee, you can now indulge in a carefully crafted sharing menu featuring a delightful mix of light, aromatic and flavourful dishes. Joining the talented Pai Thai team, Chef Amara is a highly skilled and passionate culinary professional with a wealth of experience in Thai and Asian cuisine.

With a perfect balance of flavours, texture and colours that reflect the vibrant spirit of Thailand, the three-course set menu offers something for everyone. You and your family can enjoy a selection of light and refreshing starters including pomelo salad, grilled chicken satay and vegetable spring rolls. Mains include green chicken curry, wok-fried beef in oyster sauce and steamed seabass with

lime sauce. Plant-based dishes include vegetable dim sum, vegetable red curry, wok fried tofu and more!

For a sweet taste to top it all off, you can take your pick between the sweet sticky rice with Thai mango, deep-fried banana with vanilla ice cream or crispy water chestnut with sugar syrup and coconut milk. A visit to Pai Thai promises to deliver a spectacular dining experience for all the family!

As the summer temperatures continue to soar, don't forget to cool off in the venue's outdoor, air-conditioned terrace, surrounded by lush greenery and stunning waterways. A heavenly location to unwind as you discover a unique culinary experience for the senses.

**Location:** Pai Thai, Jumeirah Al Qasr, Dubai

**Time:** from 6pm to 11pm daily, until 31st August

**Price:** AED 225 per person

*For more information or to book a table, please visit [www.jumeirah.com/paithai](http://www.jumeirah.com/paithai) or call 800 323232.*



# UNFORGETTABLE ENTERTAINMENT FROM DUBAI SUMMER SERIES



Get your children ready to embark on a thrilling adventure as everyone's favourite DC Super Heroes fly into Nakheel Mall and Ibn Battuta Mall, and enjoy special appearances at Circle Mall as part of Dubai Summer Surprises.

## Justice League at Nakheel Mall

This July, your little ones will have the chance to hang out with DC Super Heroes at Nakheel Mall! They'll be able to get a photo with their favourite Justice League superhero, shake hands with Superman, witness the power of Wonder Woman and more.

Children can experience the adrenaline rush of fighting villains and saving the day in an

immersive virtual reality journey, pose with life-sized super heroes and unleash their creativity through interactive AR experiences with friends.

**Location:** Nakheel Mall, Dubai

**Date:** every day until 28 July

**Time:** from 1pm to 9pm

## Batman at Ibn Battuta Mall

Watch out for the Bat-Signal as the one and only Batman comes to Ibn Battuta Mall this summer! Children of all ages can step into the shoes of the Dark Knight himself, thanks to a cutting-edge VR experience, to explore Gotham city and battle super-villains in a fully immersive environment. Kids can meet, greet and even get a photo

with Batman - make sure they don't miss the live show, featuring awe-inspiring storytelling set in the depths of Gotham City.

To qualify for a Batman meet-and-greet and VR experience, guests have to present receipts worth AED 150 at the service desk inside Ibn Battuta Mall. This will entitle you to receive one pass for a photo opportunity and entrance into the Batman experience. Space is limited and on a first come, first served basis.

**Location:** Ibn Battuta Mall, Dubai

**Date:** every day until 28 July

**Time:** from 2pm to 10pm

## Pop-up entertainment

The excitement doesn't stop there! The beloved Dubai Summer Series icons, Modesh and Dana, will make special appearances around Ibn Battuta Mall and Circle Mall, along with a dazzling candy parade, mirrored ballerinas, acrobat bubbles and vibrant coloured human statues!

## Ibn Battuta Mall

The pop-up entertainment will take place from 5pm to 9pm, every Friday, Saturday and Sunday from 4th to 20th August. The special appearances from Modesh and Dana will be on 21st July, 18th August and 25th August, from 4pm to 9:30pm.

## Circle Mall

You and your family can enjoy the pop-up entertainment from 5pm to 9pm every Friday, Saturday and Sunday from 7th to 30th July. Modesh and Dana will make appearances on 12th August, 26th August and 1st September, from 4pm to 9:30pm.

# ULTIMATE WELLNESS TREATMENTS AT THE RITZ-CARLTON

Amid Dubai's thriving Marina District, you can experience a healing, relaxing, cleansing and energising experience at The Ritz-Carlton Spa, thanks to their careful blend of Eastern traditions and European techniques.

The hotel spa features 12 treatment rooms (three of which are private and come with their own terrace), peaceful lounges, eucalyptus-infused steam-rooms, an outdoor relaxation pool, hot and cold plunge pools and a state-of-the-art fitness centre.

The Ritz-Carlton, Dubai is giving you the chance to indulge in a range of spa treatments and packages, leaving you feeling relaxed and rejuvenated. With a variety of offerings tailored to meet different preferences, you and your friends can enjoy a blissful retreat at this opulent resort.



## Treatment of the month

Escape into a world of tranquillity with the Oxygen Body Perfection treatment. This 60 minute session is specifically designed to rehydrate and revitalise your skin during the hot summer months. Upon booking this treatment, you'll also receive a complimentary 30 minute back or foot massage for an extra bit of pampering!

**Price:** AED 650

## Wellness Wednesday

The Ritz-Carlton Spa has introduced six new treatments aimed at providing emotional and physical strength to cope with everyday life stresses. Each Wednesday, you and your friends can give yourselves the gift of any treatment from the Wellness section of the menu at a 30% reduced rate - perfect for that much-needed midweek boost!

## Gent's escape

Designed exclusively for gentlemen, the Gent's Escape package offers a well-deserved retreat for the man in your life. Here, he will enjoy a 60 minute massage, a beverage of his choice and a delicious burger at La Baie. Additionally, he'll have access to the resort's swimming pools and private beach. The gentleman in your family is sure to enjoy this relaxing day off!

**Date:** daily until the end of August

**Price:** AED 580

## Birthday treat

Celebrate your birthday in style at The Ritz-Carlton Spa. On this special day, you'll receive a discount equivalent to your age, on the treatments of your choice! Also, three of your dearest

friends will receive the same discount on their selected treatments, guaranteeing a birthday party to remember!

## Spa-cation

Treat yourself to a luxurious spa day and escape the hustle and bustle of the city. The Spa-cation package offers a 60 minute massage, followed by a delightful two-course lunch at La Baie or a signature Afternoon Tea experience at The Lobby Lounge. This package also gives you exclusive access to the resort's swimming pools and private beach. So take yourself for a well-earned Spa-cation this summer!

**Price:** AED 650 on weekdays, AED 750 on weekends and public holidays

**For more information and reservations, please visit [www.ritzcarlton.com/dubai](http://www.ritzcarlton.com/dubai)**

# WELLBEING



Why probiotics matter;  
how the sun affects our  
skin; the benefits of a  
family digital detox and  
more!





# HEALTHY AND REFRESHING SUMMER SNACKS FOR KIDS

*During the sweltering heat of the summer months, it's more important than ever to provide children with hydrating and nutritious snack options. Here are some simple but satisfying suggestions.*

Summer is a special time for kids, filled with outdoor activities and endless fun. While it might be tempting to reach for ice cream and other sweet treats, it's essential to provide children with healthy, refreshing snacks that fuel their bodies and keep them hydrated amid the scorching heat. We look at snack options that are not only tasty but also nutrient-dense, ensuring kids stay fueled and healthy throughout their summer adventures.

## WATERMELON PIZZA

Watermelon, with its high water content, is a great choice to help little ones avoid getting dehydrated. To add a fun twist, try creating watermelon 'pizza slices' by cutting the fruit into round shapes and adding toppings. These could include a dollop of Greek yoghurt, sliced berries or a sprinkle of granola. Kids will love trying out different things on top - there are no rules, so pick things your children will enjoy! This colourful and juicy treat is a lot of fun, and is also packed with vitamins A, B and C - a win-win for everyone!

## VEGGIE SUSHI ROLLS

Veggie sushi rolls are not only a fun, quirky snack but they're also a nutritious way to introduce kids to different vegetables. Spread a thin layer of sushi rice on a sheet of seaweed (nori), leaving a border around the edges. Add colourful strips of vegetables - cucumber, carrot, avocado and bell peppers can be good options. Roll the sushi tightly and slice it into bite-sized pieces.



Serve these with low-sodium soy sauce or a side of wasabi and pickled ginger. These veggie sushi rolls are packed with goodness, making them a wholesome snack option for kids.

### FRUIT POPSICLES

Say goodbye to shop-bought popsicles loaded with artificial flavours and sugars this summer. Instead, give making your own homemade versions a go, using fresh fruits and natural sweeteners. Blend fruits like strawberries, kiwis or peaches with a splash of fruit juice or coconut water. Pour this mixture into popsicle moulds, insert sticks and freeze them until they become solid. These fruity popsicles are a fantastic way to keep kids hydrated, provide them with a boost of nutrients and allow them a sweet 'treat'.

### YOGHURT PARFAIT

Yoghurt parfaits are not only visually appealing but also make for a versatile and nutritious snack that kids will love. Layer Greek yoghurt, fresh berries (such as strawberries, blueberries or raspberries), and granola in a clear glass or jar. You can also add a drizzle of honey or a sprinkle of chia seeds for extra flavour and texture. The combination of creamy yoghurt, juicy berries and crunchy granola provides a balanced snack, rich in protein, fibre and antioxidants. It's a refreshing and filling option that can be enjoyed as a snack or even as a light breakfast on hot summer mornings.

### FROZEN BANANA BITES

Frozen banana bites are a tasty way to satisfy your child's (and your own!) sweet tooth while sneaking in some nutrients. Simply

slice ripe bananas into bite-sized pieces and dip them in melted dark chocolate. To keep things interesting, you can roll them in crushed nuts or shredded coconut, depending on your little one's tastes. Place the banana bites on a baking tray lined with parchment paper and freeze them until the chocolate hardens. These simple little treats are not only refreshing, but also a good source of potassium, fibre and antioxidants - and they feel like a delicious indulgence too!

### GAZPACHO SOUP

This is a summer snack that comes all the way from Spain and goes down very well there with kids and adults alike. On hot summer days, a chilled gazpacho soup can be a very refreshing and nutritious snack option for kids. All you have to do is blend ripe tomatoes, cucumbers, bell peppers, onions, garlic

and a splash of olive oil in a food processor until it becomes smooth. Season it with salt, pepper and a hint of lemon juice. Refrigerate your gazpacho for a few hours to enhance the flavours even more! If you like, you can serve it in small bowls or cups, garnished with fresh herbs like coriander or basil. This tangy soup is packed with vitamins, minerals and antioxidants, making it a hydrating and flavorful snack, or cooling summer lunch for kids - ideal after a morning playing in the sunshine!

## FROZEN GRAPES

Sometimes the simplest snacks are the most enjoyable. Frozen grapes are a wonderful bite-sized treat that are perfect during the hot summer days. They're also exceptionally simple to make - just wash and dry seedless grapes and freeze them for a few hours until they are firm and icy. These frozen jewels can be a healthy alternative to sugary treats, delivering a burst of natural sweetness alongside some much-needed hydration. Grapes are also rich in antioxidants, including resveratrol, which is anti-inflammatory and good for many of the body's functions. Keep a stash of frozen grapes in the freezer through the summer for an easy, guilt-free snack option for your little ones.



## CUCUMBER SANDWICHES

Cooling and hydrating, cucumber sandwiches are a British staple that make a lovely snack on hot afternoons. Use thinly sliced cucumbers as a filling between whole-grain bread slices, spread with cream cheese or hummus. Adding fresh herbs like basil or mint can make this delicate snack even more refreshing. These light sandwiches are hydrating, rich in vitamins K and C and can be a quaint lunch option too.

## RAINBOW FRUIT SALAD

A vibrant and enticing fruit salad can be a really appealing snack for kids, especially if you combine eye-catching fruits such as watermelon, pineapple, grapes, kiwis and oranges. Toss them together in a bowl for a refreshing, nutritious and very easy treat. A rainbow fruit salad offers a wide range of nutrients for little ones, it can be changed up depending on what you have in your fridge and it's sweet enough to be considered a 'treat' but is also very healthy and quenching. Ideal!

## VEGGIE SKEWERS

Getting kids excited about vegetables can be a real challenge, but veggie skewers with

a tasty dip can make eating vegetables fun. Simply thread bite-sized vegetables like cherry tomatoes, cucumber slices, bell pepper chunks and carrot sticks onto skewers. To add in a little protein, you can include cubes of cheese, prawns or grilled chicken. It can be even better to serve the skewers with a child-friendly dip, such as hummus, tzatziki or a yoghurt-based ranch dressing. The combination of colourful veggies and a delicious dip not only provides essential vitamins and minerals, but also encourages children to enjoy their vegetables in a playful and interactive way.

## HOMEMADE TRAIL MIX

Sometimes kids find it harder to eat large amounts in one go when the weather is very hot. It can be good to have a snack that little ones can graze on throughout the day so that they still get the nutrients and calories that they need to fuel all their summer activities! A trail mix is a great solution and creating a custom version allows you to tailor the ingredients to your child's preferences and dietary needs. All it takes is to combine a variety of dried fruits such as apricots, raisins or cranberries, nuts such as almonds, cashews or walnuts, and a sprinkle of dark chocolate chips or pumpkin and sunflower seeds. Mix everything together in a bowl and portion them into small resealable bags to make easy grab-and-go snacks. This homemade trail mix offers a mix of healthy fats, fibre and antioxidants, providing children with sustained energy and a crunchy delight to snack on during their adventures.

## FINAL THOUGHTS

When it comes to summer snacks, it's crucial to strike a balance between nutrition and enjoyment. These healthy, refreshing snack ideas offer a range of flavours, textures and nutrients that will keep your child satisfied and hydrated during the hottest months of the year. From watermelon pizza to homemade fruit popsicles and cucumber sandwiches, these snacks will not only keep them cool but also nourish their growing bodies with essential vitamins, minerals and fibre. By saying goodbye to sugary treats and embracing these homemade snacks, you can ensure your little ones have a fun-filled, healthy summer, while instilling good eating habits that will benefit them for a lifetime.

# THE ROLE OF PROBIOTICS

*Probiotics are a powerful way to support your little one's digestion. Let's look at what they are and how to make sure your child is getting enough.*



In recent years, the world of nutrition has been abuzz with talk about probiotics and their potential benefits for gut health. But what exactly are probiotics, and how can they support children's well-being?

## THE GUT MICROBIOME

The human gut is home to trillions of microorganisms that collectively form the gut microbiome. These tiny inhabitants play a big role in our overall health, particularly in how well we absorb nutrients and how effectively our immune system functions. For children, a balanced gut microbiome is a huge factor in their healthy growth and development. Diet, stress and antibiotics can disrupt the delicate balance, so it may be useful to introduce beneficial bacteria (known as probiotics) to support their gut's flourishing ecosystem.

## WHAT ARE PROBIOTICS?

Probiotics are live microorganisms, mainly

bacteria or yeasts, that give us health benefits when we eat them in adequate amounts. They work by colonising the gut and restoring or enhancing the diversity of beneficial bacteria in our bodies. Common probiotic strains include *Lactobacillus* and *Bifidobacterium*, which can both be found in certain foods and supplements. While probiotics are naturally present in some fermented foods like yoghurt and kefir, it can still be wise to introduce specific strains to kids in supplement form, to make sure they have a sufficient amount to keep their tummy happy!



## BENEFITS OF PROBIOTICS

Probiotics offer a range of benefits for children's gut health and overall wellbeing. They can help alleviate common digestive issues such as diarrhoea, constipation and bloating by promoting a healthy balance of gut bacteria. Probiotics also support the development and maturation of your little one's immune system, helping to reduce the risk of infections and allergies in children. Studies indicate that probiotics can also lower the likelihood of catching coughs and colds, and may even have a preventive effect against eczema in susceptible children.

## SOURCES

If you want to go down the supplementation route, make sure to choose age-appropriate, reputable probiotic supplements that contain strains specifically beneficial for children - consult with your doctor for guidance on this.

Alternatively, introducing probiotic-rich foods into your child's meals is an excellent way of ensuring they get the good bacteria they need. Yogurt is a popular choice with kids - simply be sure to choose varieties that contain live and active cultures. Kefir, a fermented milk drink, is another excellent source of probiotics. You can also consider fermented foods like sauerkraut and fermented pickles if your little ones are amenable, which provide a natural dose of friendly bacteria.

Probiotics are not a one-size-fits-all solution, and everyone will have an individual response. It's best to introduce probiotics gradually and if your child has specific health concerns or you have any reservations, talk to your doctor first.

In the quest for nurturing children's overall health, paying attention to their gut health is definitely important. Probiotics, with their potential to restore and maintain a healthy gut microbiome, can be a really wonderful addition to your child's diet, supporting lots of systems in your little one's body.

# THE BENEFITS OF LED THERAPY

*We talk to Dr Amanda Powell, founder of CELLRETURN Middle East about the revolutionary power of LED therapy and how it can give you the skin of your dreams.*

CELLRETURN is an award-winning company with its foundations deeply rooted in science. Pioneers in LED technology, the brand is proud to have made the very first LED Face Mask. Offering a solution to a whole host of skin concerns from inflammation, visible signs of ageing, and problematic skin, to hair loss and pelvic health, CELLRETURN is a key player in restoring your skin's health.



infrared (NIR) wavelengths. NIR wavelengths are found to be very effective in wound healing and treating burns, hence why CELLRETURN harnesses this technology to bring you the best in skincare, health and beauty, while ensuring utmost safety and efficacy.

What is unique and proven to work is their patented technology - it allows their devices to penetrate twelve times deeper than any other professional devices on the market. This depth enables the stimulation of as many cells as possible, to give you the best results! Their mask has 1,026 LEDs and extends to cover your neck, meaning that it can be treated at the same time as your face.

## HOW DOES IT WORK?

Using photobiomodulation (PBM), a form of laser therapy, the light stimulates the cells to re-energise, repair, rejuvenate and recalibrate cellular activities, while stimulating a cascade of cellular events, including collagen formation! This powerful, yet gentle technology is derived from NASA's work with LED and near-

## BENEFITS

CELLRETURN'S LED therapy has many benefits, including:

- ✓ Promotes collagen formation, the reduction of skin laxity and the appearance of wrinkles
- ✓ Increases wound healing and decreases scarring
- ✓ Delays the ageing process
- ✓ Treats acne
- ✓ Controls rosacea
- ✓ Improves your sleep

## MODES

CELLRETURN'S LED mask has a number of different modes which you can use to treat a variety of skin concerns. Whether your skin needs a general boost, you're suffering from an acne flare-up, or you'd like a more restful night's sleep, this mask has you covered!

### Red mode

Red mode helps your skin to rejuvenate by addressing skin glow, collagen formation, pore size, skin healing and pigmentation. It also gives your skin an overall regeneration through its combination of patented near-infrared and red wavelengths.

Red mode also stimulates melatonin production, which helps your body to regulate sleep and switch off, so your body can regenerate effectively. It's produced by your body naturally to induce sleep but CELLRETURN devices can stimulate the body to produce more melatonin and give you a better night's rest.

### Blue mode

Blue mode helps in particular with acne and spots, thanks to its antibacterial properties. Proven to work against the bacteria that cause acne, just 20 minutes of blue mode daily can help keep your spots at bay!

### Pink mode

Pink mode uses a combination of blue and red wavelengths which offer protective and calming properties for sensitive skin. Pink mode is also great for psoriasis, eczema and even rosacea.

Thanks to space-age technology, CELLRETURN'S LED mask offers the most advanced light therapy treatment, meaning you can reap all of the benefits of professional LED technology, from the comfort of your own home!



# HOW THE SUN AFFECTS YOUR SKIN HEALTH

*Studies have shown that while the sun can be beneficial for your skin health, it can also be harmful. Let's take a look at what to bear in mind as you enjoy the sunshine.*

With summer in full swing, it's hard to avoid the powerful rays of the sun. Sunlight is a very important factor in human health, from giving us vitamin D to influencing our circadian rhythms. Too little sunlight can have adverse effects on both our mental and physical wellbeing. However, it's common knowledge that too much sunlight is also detrimental. Let's take a look at the facts and what we can do to protect ourselves and our children.

## UVA, UVB AND UVC

Sunlight consists of a variety of different types of waves. Among these are ultraviolet waves, often categorised into UVA, UVB and UVC. UVC waves from the sun are blocked by the ozone layer so it's only UVA and UVB that we have to be concerned with. UVA makes up 95% of the UV rays that reach us. These penetrate deeply into our skin and can cause it to age more quickly. The remaining 5% is made of UVB rays that are responsible for damaging the outer layers of skin, causing sunburn.

Thankfully, our skin is intelligent and has ways to repair itself. With too much exposure though, it becomes much harder for your skin to maintain this ability to bounce back. This skin will begin to develop wrinkles and lines as it's less able to cope with the UV light. As we know, dangerous levels of sun exposure can even lead to skin cancer.

## MIND YOUR SKIN

Looking after ourselves and our loved ones should be our top priority. It sounds pretty straightforward but the most effective way to look after your skin and reduce the risk of skin cancer is to limit exposure to sunlight, particularly in the middle of the day. This includes seeking out areas of shade rather than staying in direct sunlight. Also, covering skin with loose-fitting clothing and wearing a hat will keep the harmful rays away.

Sunscreen is an absolute must. Be sure to apply sunscreen to any skin that's not covered by clothing, particularly your face. The SPF number on sunscreen bottles indicates how

long it will take you to get sunburnt. For example, if you're wearing SPF 30 it will take you 30 times as long to get burned than if you're not wearing any sunscreen. Don't overestimate the protection this provides - sometimes it can only take a matter of minutes to get sunburn if unprotected. Various factors can change the efficacy of sunscreen, including how much you apply, if it's still in date and if you've spent any time in water.

To stay safe, top your sunscreen up every few hours. There are sunscreens designed specifically for the delicate skin on your face. Consider carrying a small bottle wherever you go so that you can apply throughout the day.





When it comes to protecting your children from the sun, the trick is to start as early as possible. You can help them to learn healthy habits around spending time in the sun and taking the necessary precautions. This will stand to them throughout their lives, keeping them and their skin safe from the harmful effects of the sun's rays.

## THE BENEFITS OF SUNLIGHT

It's not all bad news! Once we're cautious of overexposure to the sun, we can reap the benefits that it can also bring.

### Vitamin D

Considering how much time most of us spend indoors these days, it should come as no surprise that lots of people have low levels of vitamin D. While we can do our best to get

enough vitamin D through eating foods such as oily fish or supplementation, most people don't get enough from their diet alone. Getting a daily dose of sunlight can really help as it triggers vitamin D production in the body.

### Mood booster

Spending some time in sunlight is known to give a remarkable mood boost and it's not just because everything looks better in the sun! Sunlight can help our bodies to release serotonin - a chemical produced in our brains that makes us feel happy, satisfied and optimistic. People with diminished levels of serotonin are more likely to feel low, or even depressed. So make sure you and your family get their daily dose of sunlight, and everyone will be in their best form!

### Summertime sleeps

We have all experienced the incredible sleep that comes after a hot day. It turns out that there's a scientific reason for this. When our

serotonin balance is right, it contributes to a healthy production of melatonin. Melatonin is a hormone that regulates our day-night cycle and is crucial to getting a good night's sleep.

### Skin health


Once you are very careful with exposing yourself to the sun, you'll notice the positive effects it can have on your skin. The UV light can help to heal skin issues such as psoriasis and eczema, and generally give you a healthy glow!

We can't be too careful when it comes to spending time in the sun. However, it shouldn't be avoided completely. The healthy middle ground is usually to take the necessary precautions that will prevent any skin damage but allow yourself and your loved ones to experience the associated health benefits. If you notice any changes in your skin due to sun exposure, particularly any new marks or blemishes, make sure to consult with your doctor.



# DIGITAL DETOX: BALANCING SCREEN TIME FOR THE WHOLE FAMILY

*With excessive screen-time fast becoming one of the biggest health issues facing us and our children, let's take a look at a few ways to rebalance and reconnect with each other.*



Screen addiction is a real problem that's affecting adults and kids alike. The presence of screens virtually everywhere, coupled with our reliance upon them, makes for a troublesome combination. Whether it's scrolling on social media apps or catching up on our favourite show, we have all spent a lot more time in front of a screen than we'd like to admit. It's totally understandable though! After a long, busy day, sometimes all we feel capable of is scrolling on Instagram or letting Netflix play episode after episode.

## THE BENEFITS OF TAKING A BREAK

Taking a break from screens is not something we're used to doing but it's definitely worth considering. While it may be difficult at first, you'll almost certainly notice

the benefits once you've tried it. Beyond the health boost that you'll experience from taking time away from screens, you'll become more engaged in your real life and what's going on around you. It happens to all of us - we miss a special moment because we get a notification, or we're too busy catching up on the news to see that our little ones need us.

The same goes for our children. We're bombarded with facts around how screen time is affecting their wellbeing. The responsibility lies with us parents to help our children navigate this challenging digital world without spending every waking moment glued to their phone.

## WHERE TO BEGIN

Implementing a household digital detox is a useful way to ensure that each member of the family is getting some screen-free time, while providing a sense of support through this undoubtedly difficult undertaking. There are a few different routes to take, depending on what suits your family best.

### Digital sunset

Countless studies have shown that using screens, and the blue light associated with it, is very disruptive to our precious sleep. One popular way to try a digital detox is the digital sunset approach. As the name suggests, a digital sunset means that you agree to a cut-off time after which all screens (including phones!) are put away for the night. If possible, mealtimes should be screen-free, and so dinner time can act as a nice point to begin the digital sunset.

### Screen-free Sunday

The second option for a family digital detox is Screen-free Sunday. This provides the opportunity to put all screens away for an entire day, and instead spend the time connecting with your loved ones. While a whole day can seem daunting, the benefits are huge. With digital devices off the table, it will reveal how much time you really have in your day to interact with your children, and vice versa.

### Total digital detox

The most extreme option here is a complete digital detox. Yes, that means no screen time at all. Of course, phones are still allowed to



be used if absolutely necessary - it's at your discretion. Family vacations, particularly to rural areas, offer a wonderful chance to try out the total digital detox. To begin, avoid bringing any devices other than phones on your trip. Then agree the circumstances under which these phones can be used - for example, to play music or to make important calls.

## BE PREPARED

Don't underestimate how difficult this will be! A lot of us spend time on our phones to get a little bit of comfort in the day. With this removed, there may be a slight increase in tension or friction in the household. While days on vacation can be filled with trips, sight-seeing and perhaps even hikes, the evening time is when most people feel the digital pull the most. As a result, it's important to have activities arranged to relieve the tension. Here are a few options to consider.

### Board games and card games

We're so used to screen-based entertainment that it's easy to forget just how much fun board games and card games can be! For your next trip, be sure to pack at least one board game and a pack of cards. Plus an evening full of laughter, excitement and gamesmanship is a whole lot more memorable than watching yet another episode of the latest Netflix show.

### Guess that song

If phones are permitted to be used for music-playing purposes, then definitely give Guess That Song a try! To play this game, open your music library or app and play the songs on shuffle. Players have to guess the name of the song and the artist as quickly as possible. You and your family can take it in turns or it can be a free-for-all. Just be sure to include songs that are accessible for everyone!

### Talk the night away

It may seem a little old-fashioned to some, but it's hard to beat an evening of proper conversation. Gather around with your loved ones after dinner and pick a topic to discuss. Encourage everyone to give their opinion on the matter and then open it up for discussion. If this isn't a habit in your family, it can take a little getting used to. Before long though, you'll be regularly having fascinating conversations and gaining deeper insights into certain topics, as well as how your little ones feel about them!

A digital detox could benefit the vast majority of us. What route you choose is up to you and your family - everyone is different! What you can be sure of though, is that you'll all feel the benefits of spending less time in front of a screen and more time in each other's company.

# PARENTING



The importance of  
resilience; how to  
practise positive  
parenting; teaching kids  
to cook and more!





# BUILDING RESILIENCE IN CHILDREN

*In this article, we discuss how to go about fostering resilience in your child, so they have the skills they need to overcome any challenges that life throws at them.*

All parents want is to protect their children and give them the tools and strength to navigate life's challenges. It can be hard to tell the difference between doing things for kids, and equipping them with the skills to navigate the complexities of the world for themselves. It's important to foster the character traits that enable little ones to flourish in the good times, as well as rebound and potentially even grow in the face of challenging situations.

### WHAT IS RESILIENCE?

Resilience is all about bouncing back from setbacks, dealing with change, and handling life's challenges as well as possible. It's a crucial skill for kids to have because it builds their self-confidence, helps them manage stress and enables them to persevere when things get tough.

Resilience focuses on nurturing inner strength instead of relying on any external person or shield - imagine resilience as a journey of bouncing back and triumphing over adversity. Ideally, this journey equips us with valuable lessons to navigate future challenges more effectively. Yet, it would be a mistake to view resilience solely as a tool to respond to hardship. The very qualities that will enable your child to recover from tough times also help them to fully embrace life's opportunities. We aspire for children to become the best versions of themselves, to cultivate healthy relationships and ultimately, to achieve success. Resilience is a key factor in this. Let's look at ways to help you foster resilience in your child, empowering them to face life's ups and downs with confidence.

### SUPPORT AND COMMUNITY

Creating a supportive environment is the foundation of building resilience in children. It begins with fostering a loving and trusting relationship with your child. It's good to encourage open communication, active listening and empathetic responses to their concerns, through talking together each day. Make it clear that they can come to you about anything at all and they need never be afraid to speak to you, no matter what is going on. By providing a safe space for kids to express themselves, you teach them that their feelings are valid and valuable.

It's also good to encourage your child to build positive connections outside of the home, as a strong support network is crucial for



developing resilience. These relationships allow children to find guidance and a sense of belonging and community, whether it be with friends, mentors or extended family members. Taking part in social activities such as clubs, team sports or volunteering can be a nice place to start finding these connections. By nurturing a supportive network, you provide your child with a safety net during challenging times and you can help them understand the importance of supporting others and seeking support themselves when they need it.

### A GROWTH MINDSET

A growth mindset is a powerful tool for building resilience in children. A growth mindset is a frame of mind that believes that abilities and success can be developed through learning and effort. It also looks at

challenges and failures as part of the learning process, from which we adapt and thrive as a result. Teach your child not to fear failures and setbacks, but instead view them as necessary stepping stones toward success, whilst embracing challenges as opportunities for learning. This will nurture a growth mindset, empowering your child to approach challenges with determination and resilience. It's also good to emphasise the importance of effort and perseverance, rather than focusing only on the outcome. Remember to praise your child's effort and persistence, not just their achievements, and talk about failures and mistakes as nothing more than natural parts of learning. By reframing setbacks as learning experiences, you instil resilience and a belief in your child that they have the ability to overcome obstacles.

Don't forget about positive self-talk too - it's a key aspect of developing a positive and



taking small steps toward a solution, kids will learn that setbacks are temporary and that progress is possible, even when they thought the situation was too hard to solve. This approach fosters their confidence, resourcefulness and persistence when it comes to facing obstacles, which all cultivate their internal sense of resilience.

## HEALTHY COPING MECHANISMS

Resilience requires the ability to cope effectively with stress and adversity and resilient children usually have some great coping mechanisms when it comes to managing their stress or anxieties. Encourage your child to find self-care activities that they enjoy and support their emotional wellbeing. These might include hobbies, exercise, meditation or simply spending time in nature. These can also involve things like being comfortable talking with you or another trusted adult, being able to name their feelings (a skill known as 'emotional literacy') or having healthy outlets for stress. It can be wise to introduce your child to grounding and expressive practices, such as sports, mindfulness exercises, making art or even journaling. Don't forget to model these practices yourself - as children are like sponges and will copy what they see! By doing so, you will provide your child with a valuable example to follow that helps them handle stress and adversity constructively.

## SELF-CARE AND ROUTINES

Resilience encompasses wellbeing and self-care. If you can prioritise good nutrition, exercise, proper relaxation and adequate sleep as part of your child's day-to-day norms, you will be setting them up for a resilient frame of mind, based on the power of healthy routines for their physical, emotional and mental wellbeing. Whilst it may seem basic, by promoting good self-care in these essential areas, you are equipping your child with the resilience needed to weather life's storms. Routines also allow children to feel more secure overall. Kids thrive in a structure and sometimes, this is exactly what is needed to give them the mental space to feel like they have more in their cup to deal with challenges.

Resilience enables kids to develop a positive outlook, cope with stress and manage anything unexpected, but building it is a gradual and ongoing process that requires patience, understanding and steady effort. Remember, resilience is not about shielding your child from all hardships but equipping them with the skills to navigate them successfully. By keeping these ideas in mind and being consistent with your approach, you can lay a solid foundation for your child's resilience, helping them grow into confident, capable individuals who can tackle any challenge that comes their way.

resilient mindset! Encourage your child to challenge negative thoughts and replace them with more positive and realistic ones. This can help them to build self-confidence and resilience in the face of challenges. Remember, positive self-talk is a practice and a skill - it takes time!

## PROBLEM-SOLVING SKILLS

Resilient kids are adept problem solvers. Encourage your child to develop problem-solving skills by occasionally involving them in decision-making processes and allowing them to tackle age-appropriate challenges independently. Guide them in breaking down problems into smaller, manageable tasks. Try brainstorming possible solutions together where you encourage creative solutions to the challenge, as well as a flexible approach to problem-solving. By





# TEN POSITIVE PARENTING TECHNIQUES

*Positive parenting suggests a gentler approach to raising your children, by reinforcing good behaviours instead of punishing the not-so-good ones. Here we run over the basics of this parenting style.*

Raising a child, as enjoyable and rewarding as it is, can be very challenging. Sometimes the responsibility over your little one's life is overwhelming and daunting. As parents, we all want what's best for our children and to bring them up in a happy, positive and ambitious way.

Positive parenting is a way to support your child as they grow, that results in a much more harmonious household and less stress for all. The thesis behind positive parenting is to focus on encouraging good behaviours rather than punishing bad ones. Studies have shown that when children feel safe, supported and loved they're better able to tell right from wrong, which enables them to behave better. This suggests that shouting at your child or overly punishing their bad behaviour may actually result in further bad behaviour - the opposite of the desired result!

## TEN WAYS TO START POSITIVE PARENTING

Positive parenting has been proven to improve cognitive skills, as well as social and emotional intelligence. It also offers a platform that fosters self-development, independence and creativity. We want to build our kids up to be confident, capable and full of self-belief. Let's look at a few ways to get started.

### Set the standard

One of the keys to raising children who behave well and don't lose their temper is to set the standard you expect of them. Try to set an example of how you would like your child to react in different scenarios, by keeping your own behaviour measured and positive. Talk openly with your child about the decisions you make and why you make them. With a healthy model like this to follow, your little one can see how their thoughts can lead to actions and then consequences. Warmly encourage them to try to be positive in all that they do.

### Punishment isn't the answer

One of the goals of positive parenting is for your child to be well-behaved without ever being punished. There is no need for your child to feel afraid of you or threatened by punishment - discipline is the answer. Explain to your little one how you hope they behave and that there will be consequences if they don't. If they begin to misbehave, calmly remind them what you expect of them and that they will have to make amends if they continue. Remain clear and consistent with your message while keeping your love for your child at the forefront of your mind.

### Quality time

When it comes to building a healthy relationship with your child, there is no replacement for spending quality time with them. Sit and talk with them, listen to their stories and encourage them to talk about their feelings. Engage with their hobbies and pastimes. Most of all, take them seriously! Let them know that you are there for them, through thick and thin.

This will mean that, through the good times and the bad, the connection between you will remain strong and unbroken.

### Stand in their shoes

While being an adult is difficult, so is being a kid! It may look easy now but cast your mind back to when you were a child - things weren't so easy. The world was big, scary and confusing. Things that may not seem like such a big deal to us adults may be really challenging for our little ones. So through positive parenting, we learn to take a step back and to try to empathise with our child and their particular struggle. Also, remember that we all make mistakes. While our child messing something up may be very frustrating, they are almost always doing their absolute best. Praise their effort and encourage them to keep going.

### Walk the walk

As the saying goes - don't just talk the talk, walk the walk. Back your words up with your actions. This is an important behaviour to showcase for your child. They need to learn that if they say they're going to do something, people are going to expect them to do it. Likewise, your child will expect you to do what you say you're going to do. If you threaten punishments and never follow through, or promise treats but again don't come through, your child is going to stop taking you at your word.

### Be the safety net

Build trust with your little one. One aspect of positive parenting is encouraging your child to grow and explore as much as they can. It can be hard for them to do this, if we're constantly shadowing them to make sure they don't do anything wrong. As parents, we should show our children that we trust them to figure things out for themselves, and that we will be on call if they need help. You don't have to hold their hand through everything they try and do, but always try to be the safety net that they can fall into if they stumble.

### Behind the behaviour

Within positive parenting, we try to see our children as their individual selves, not just a sum of their behaviours. Next time your





little one is acting up, instead of reacting, try to see what is behind this behaviour. Did something happen at school that upset them? Are they feeling overtired or hungry? The vast majority of the time, children act out because something isn't quite right and they're not able to express it. So pause for a moment, calm your child and ask them to try to explain exactly how they're feeling. Following this process will usually lead you to the cause for their upset.

### Create boundaries

Positive parenting is not about letting children do whatever they want. There are still house rules, as well as family and societal standards to uphold. When you lay out your family rules or standards to your child, do so in a gentle and loving manner. Be sure to explain the reasoning behind these rules and any consequences for breaking them. There shouldn't be any threats or fear-mongering here, just an open conversation that remains clear and calm. Your little one should be able

to understand what's expected of them without feeling pressured or stressed.

### Reinforce positive behaviour

Here is one of the core principles of positive parenting - praise the positive rather than focusing on the negative. Next time your child tries hard at something or simply behaves well, praise them for it. Let them know that you noticed, that you appreciate it and that you're proud of them. Encourage your child when they are acting in a positive way and try to bite your tongue when they're not acting so nicely! This emphasis on reinforcing positive behaviour will keep pushing your child in the right direction while not shaming them for any poor decisions they make.

### Turn mistakes into learning opportunities

Your child will mess up and that's okay! Sometimes it'll only be a tiny mistake

and other times it might be more serious. At the end of the day, the main thing to focus on is learning from this mistake and moving forward. In the aftermath of a mistake, gently approach your child and open a dialogue about what happened. Use your wisdom to help them identify what they could have done to prevent this mishap and inspire them to make the correct decision next time. This opportunity for growth can equip your child with the mindset they need to tackle the ups and downs of life.

With the basics of positive parenting covered, you are now ready to adopt this method in raising your child. Don't forget to be kind to yourself on this journey. It can be hard to change, particularly if you've been using a different parenting style all along. The main thing to remember is that you want what's best for your child and that you are doing your utmost to set them up for adulthood. So take it one step at a time and watch as this positive approach shrinks any tension between you and your children, and you all grow together!

# PREPARING FOR PARENTHOOD: TIPS FOR A SMOOTH PREGNANCY JOURNEY

*We look at six tips to help you move through your pregnancy journey with confidence and grace!*

Becoming a parent is an incredible and life-changing experience. From the moment you discover that you're expecting, your journey into parenthood begins. It's a unique, exciting, and often overwhelming journey in a woman's life. However, like many of life's bigger adventures, pregnancy comes with a certain level of seriousness and uncertainty. From the physical changes in your body, to the emotional roller coaster, expectant mums have a lot to navigate during this transformative time. Issues like morning sickness, fatigue and hormonal fluctuations can make the journey feel both exhilarating and overwhelming. Also, the anticipation of childbirth and the responsibility of caring for a newborn may bring about a mix of excitement and anxiety. Don't worry! With the right guidance, support and self-care, you will be able to steer through any unpredictable aspects with ease. In this article, we will explore helpful ideas and lifestyle habits to support you through as smooth a pregnancy journey as possible, so you feel informed, empowered and prepared for the remarkable adventure ahead.

## EMBRACE A HEALTHY LIFESTYLE

Maintaining a healthy lifestyle is crucial during pregnancy. It's best to eat a balanced diet that includes a variety of fruits, vegetables, whole grains and lean proteins. Fill your plate with colourful fruits like berries, oranges and apples, and incorporate vegetables such as broccoli, spinach and carrots into your meals. Whole grains like oats, wholemeal bread and brown rice provide essential nutrients and fibre. When it comes to lean proteins, opt for sources like skinless chicken, fish, legumes and tofu. Remember

to consult with your healthcare provider or midwife to ensure your diet meets your specific nutritional needs during pregnancy.

### Hydration

Staying hydrated and limiting your caffeine intake is also essential for both you and your baby. Aim to drink at least eight glasses of water each day, and if you're experiencing morning sickness, try sipping ginger tea or infusing water with slices of lemon or cucumber for a refreshing twist.

### Movement

In addition to a healthy diet, regular exercise can boost your energy levels and improve your overall well-being as you journey through these special nine months. However, it's important to always seek the guidance of your doctor or trainer to understand what exercise is safest and best for your particular

body during pregnancy. They can provide recommendations based on your medical history, current health and any specific considerations you might need. Whether it's gentle walks, swimming or prenatal yoga classes, finding activities that you enjoy and that align with your doctor's advice can help keep you fit and promote a healthy pregnancy.

### READ, READ, READ!

Knowledge is power, especially when it comes to understanding how to be a parent - one of the most challenging and rewarding roles in the world! Taking the time to educate yourself about the various stages of pregnancy, common discomforts and prenatal care can greatly benefit you and your growing baby. There are numerous books and other resources available to help you on this educational journey, including the Mother, Baby & Child website. Reading widely will give you access to comprehensive

information on pregnancy, childbirth and early parenting, offering insights into everything from prenatal nutrition and exercises to sleep routines and breastfeeding.

### Taking classes

Attending childbirth education classes is another excellent way to enhance your knowledge and connect with other expectant mums. These classes cover lots of topics, including childbirth techniques, breastfeeding and newborn care. Not only will you gain a wealth of practical knowledge, but you'll also have the opportunity to form friendships and build a support network with other parents-to-be who are going through similar experiences. Sharing stories, concerns and advice in a supportive environment can be incredibly grounding and comforting.

Remember, the more knowledge you acquire, the more confident you'll feel throughout



your pregnancy and early parenting journey. So, embrace the opportunity to learn, connect and grow as you prepare to welcome your little one into the world.

## FIND YOUR VILLAGE

Building a strong support network is an often overlooked but essential component of life during pregnancy. Having trusted friends, loved ones, or other expectant mothers can make a significant difference in your pregnancy experience, providing both emotional and practical support.

### Emotional support

Emotional support from your support network can be invaluable during the ups and downs of pregnancy. They can offer a listening ear when you need to share your joys, concerns or worries. Just having someone who understands what you're going through can provide a sense of reassurance and normality. Sharing experiences with friends who have already gone through pregnancy or connecting with fellow mums-to-be will create a space where you can openly discuss your journey, exchange advice and find solace in knowing you're not alone.

### Practical support

Practical support is equally important, especially as your pregnancy progresses. Your village can lend a hand with cooking meals, helping to prepare the nursery, or running errands when you need extra help, especially in the latter months when it could be harder to move around. Connection and support is invaluable during a time like this, so it's vital to have a caring circle of friends and family around you throughout your pregnancy.

## PRIORITISE SELF-CARE

Pregnancy is a time of immense change and growth, both physically and emotionally. Give yourself permission to prioritise self-care to nurture your well-being and help you find moments of calm and rejuvenation amidst all the excitement and preparations.

### Ground yourself

Incorporating activities like gentle prenatal yoga or meditation into your routine will help you relax, maintain your flexibility as your



body changes, and enhance your sense of mindfulness at this special time. Prenatal yoga is excellent if you need to relax any nagging back pain, boost your blood circulation or just want to move your body to improve your mood. It also keeps your body supple and flexible as it changes over the nine months and is a wonderful daily act of self-care.

### Find joy

Don't underestimate the power of simple pleasures and self-indulgence. Treat yourself to a warm bath with soothing essential oils, indulge in a pregnancy-safe massage, or curl up with a good book in a cosy corner. Taking time for yourself allows you to recharge, reduce stress levels, and maintain a healthy balance between caring for yourself and caring for your baby.

## PREPARE YOUR LIVING SPACE

As your due date approaches, it's important to prepare your living space for your newborn. Organising and setting up the nursery can help make sure that everything is ready for when your little one arrives. Storage solutions such as bins, baskets and shelves can be really useful to keep the basics like diapers, wipes, clothes and blankets neatly arranged and easily accessible. Having these readily available can make the early days with your newborn more manageable.

Setting up a comfortable and functional crib is also essential. Make sure the mattress is firm and topped with a well-fitted sheet and consider sleep sacks or swaddling blankets

to keep your baby snug and safe during sleep. It's also worth looking at investing in a comfortable breastfeeding chair or a rocking chair for those late-night feeds and snuggles.

## CREATE A BIRTH PLAN

A birth plan outlines your preferences for labour, delivery and postpartum care. By creating a birth plan, you can clearly articulate your desires for pain management, positions during labour, and any specific cultural or religious practices you wish to incorporate. It helps your healthcare providers understand your preferences. If this is something that appeals to you, make sure to discuss your plan with your healthcare providers and ensure it aligns with their recommendations and the policies in the place you have chosen to give birth.

While a birth plan provides a framework for your ideal birth experience, it's wise to remember the importance of flexibility as childbirth can be unpredictable. Remaining open-minded and understanding that adjustments might be necessary can help you navigate any deviations from your initial plan. There are no guarantees that you will be able to follow everything on your plan, but it can be reassuring for you to have a plan in mind!

Finally, don't forget to simply enjoy the journey! Cherish the little kicks, welcome the changes in your body and savour the anticipation of meeting your little one. These tips should help you navigate your pregnancy smoothly, and give you confidence as you embark on one of the most remarkable adventures of your life.

# INTRODUCING KIDS TO COOKING

*Teaching your little one to cook can be such a rewarding experience for both of you. With a few tips on what to expect, you'll be cooking up a storm together before you know it!*



Despite seeming like a daunting task, educating your children about food and cooking is something that will set them up for their whole lives. So many skills are exercised throughout the process of learning to cook, including maths, literacy and problem-solving. Though it may not seem as important a part of your child's education as science subjects or languages, learning to cook is an incomparable life skill that will equip your child with the ability to sustain themselves in a healthy way. It will also enable them to gain a deeper insight into what foods are unhealthy and how to make healthy decisions around food.

## WHERE TO BEGIN

Don't worry, bringing your little ones into the kitchen doesn't need to be a stressful or worrying time. In order for this not to feel like a chore, cooking needs to be presented to them as a fun-filled activity. Here are a few ways to introduce cooking to your kids in a manageable way.

### Start small

Most parents claim that, as much as they'd like to cook with their children, they're simply too busy. While it often feels that this is the case, that's usually due to overestimating the time it will actually take. Nobody is asking you to have your child at your side as you cook every meal. Instead, consider involving your child in the preparation of one meal a week. Weekends are usually best, as the morning time rush or the weekday evening time slump aren't the most suitable times.

A weekend breakfast can be a great first meal to try with your little ones. It can teach lots of the basics and isn't too complicated. From measuring out the right amount of oats and water to make porridge, to whipping up the perfect scrambled eggs on toast or concocting a nutritious smoothie, your child will learn lots of cooking skills that can then be applied to more challenging meals.

### Patience is a virtue

When your child is helping out in the kitchen, patience is absolutely key. While it may be a slow process watching your little one chop an onion, it's necessary that they are given the time they need to do this and that you don't do it for them. Over time, they will grow more accustomed to the process and, as their skill level increases, the time they need will decrease. It helps to remember that the main goal of cooking with your child is not to produce a meal for the family (you can do that alone!) but to bring them into the world of preparing and cooking meals. There are countless skills required in the kitchen that us mothers take for granted, thanks to years of hard work!

We all started in the same place and, in order for your child to become a culinary maestro, they need the time and the space to figure it all out. That includes making mistakes! Things go wrong in the kitchen, especially when one of the chefs is a novice. It's your job as the parent to expect the unexpected and correct any errors without criticism or complaint. So plan ahead and set aside more time than you would normally need!

### Expanding the palate

It's not unusual for some children to be picky eaters. Whether it's the flavour, the texture or even the colour of the food, it can bring about



absolute refusal from your child. Being exposed to food in a different context through cooking can shine a new light on a variety of foods for children. Washing and chopping vegetables, and feeling them in your hands can really take the mystery out of them. Don't be surprised if your little one becomes much more amenable to trying a wider variety of food after spending some time in the kitchen.

In cases where your child is still not interested in eating some of the food, don't fret. This is primarily a learning exercise that is teaching them lifelong skills. Be sure to include at least one item that your child enjoys eating, so that they're able to enjoy at least some of what they've helped to make. They will eventually develop their palate, get used to different flavours and textures and seek out new and different foods to try.

### Good to go

Lots of parents feel that they will need to purchase a range of child-friendly cooking equipment before they get started. However, you already successfully make all your meals in the kitchen, using the equipment you have at your disposal. While safety is the top priority, there may not be any need for specialist utensils if you teach your child carefully and supervise them closely. You might need a small stool so that they can also reach the countertop. Alternatively, set them up on a little table that can function as their own preparation station. Teaching them how to safely use a knife and how to clean as they go will give your little one a strong foundation to grow from.

## SOMETHING TO LOOK FORWARD TO

Cooking is an invaluable life skill that is arguably on a par with reading and writing. Introducing your child to the kitchen from a young age is something they will thank you for in later years. Plus, it's an opportunity to spend quality time together! Preparing a meal and breaking bread with loved ones is a bonding activity as old as time. So don't be afraid to begin with your child - it might become your new favourite part of the week!

# EDUCATION



How to keep your child learning throughout the summer and an exciting summer camp for kids at Dubai Mall!





# SUMMER CAMP FUN AT DUBAI MALL

*Dubai's ultimate summer camp is here, combining fun and learning across six award winning attractions.*

Make sure this summer is one to remember with Dubai Mall Summer Camp, featuring four days of thrilling, educational activities taking place every Monday to Thursday until 31 August. From skating at Dubai Ice Rink to feeding fish at Dubai Aquarium, this summer camp is not to be missed!

Two exciting programmes are available; one for little ones aged three to six years, who must be accompanied by an adult, and another for kids seven to fourteen years old. Both are expertly led by Dubai Mall Summer Camp's fully trained team.

## Dubai Ice Rink and At The Top, Burj Khalifa

Following a warm welcome, camp-goers will spend the first half of Monday enjoying a skating session at Dubai Ice Rink with their new friends, followed by an afternoon visiting the iconic At The Top, Burj Khalifa. Here, they'll not only have the chance to visit the world's tallest building, but also learn the fascinating story behind its construction too.

## KidZania

On Tuesday, campers will be taking over KidZania Dubai, getting the opportunity to discover the real world through exciting role-play. At KidZania, little ones will be able to try out various professions including working at a hospital, fire station, bank, radio station and supermarket! They'll learn and develop key skills including decision-making, teamwork, creativity and social skills, as well as boosting their confidence.

## Play DXB and Reel Cinema

On Wednesday morning, kids are invited to take advantage of the non-stop fun at Play DXB. With over 30 immersive adventures to choose from, your child is sure to have the time of their life! As if that wasn't enough, in the afternoon they'll be able to sink into one of the comfy bean bag chairs at Reel Junior, while taking in a movie specially selected for their age group.

## Dubai Aquarium and Underwater Zoo

On the final day of the camp, children will be given access to Dubai Aquarium and Underwater Zoo, taking in the aquarium tunnel, underwater zoo, penguin cove and a glass boat tour. They'll even get a sneak peek behind the scenes of the aquarium! Campers will be able to speak with experts about marine animals, water quality and coral, as well as learning about the importance of conservation. If they so wish, the kids will even have time to feed and touch some of the wonderful animals too!

At the end of the four-day camp, each child will receive a certificate of completion, along with unique memories to tell their friends about when the school term restarts. Costing just AED 799 per child for the four days, including lunch, or AED 699 per child without lunch, this is an amazing way for kids to access some of Dubai's most popular attractions in an extra special way!

**Visit [entertainment.emaar.com](http://entertainment.emaar.com) for bookings and more information.**

# SUMMER ACTIVITIES THAT FOSTER LEARNING

*The summer break can often lead to a slowing of children's learning and development. With a few well thought out plans though, you can use this time to help your little one keep on growing!*

With summer well and truly underway, it's the perfect time to consider new ways to keep your children entertained, while making sure that they're still developing while out of school. Experts suggest that the best way is to encourage children to engage in fun activities that also have an educational element.

## A SUMMER OF LEARNING

It may seem a lot of work to take on the education of your little one during the summer months but don't get too overwhelmed by this. Children are constantly learning and growing. Your main task is to put something in front of them or place them in a situation that will stimulate minds and bodies. Variety will be key here for both entertainment and educational reasons. Thankfully, as long as it's fun, children will show little hesitation getting involved in whatever activity is set out, and they'll be learning lots while they're at it!

### Take in a museum

To keep your child interested in learning, take an exciting day trip to a museum or a gallery. With so many options to choose from, it's relatively straightforward to make it a regular activity this summer. Present

it to your child as a fun day out full of exploration and adventure. They are sure to love the sprawling buildings with ancient artefacts, beautiful artworks and futuristic technologies. Just an hour in a museum or a gallery will fill your child's mind with thoughts and inspiration without them getting bored or agitated. Tie it in with a nice lunch out and enjoy this special time together.





### Get stepping

Exercise is crucial, not just for the physical health of children, but also their mental wellbeing. Coming out of the final term of the school year, they're likely to be tired and worn out, so start small. Going for a walk with your little one can be a wonderful way to spend time together. You'll both be reaping the benefits of exercise and you'll be able to talk the entire time. While your child's body is working, try to challenge their mind. Play games such as 'I Spy' to keep it fun or ask them to count how many streetlights you pass for example.

### Play dress up

Playing dress up may appear to have no real educational element but practising getting dressed provides countless learning

opportunities. Clothes have a whole variety of zips, buttons and other catches that young children can find difficult to use. Tying laces is another great test of motor function and memory. The school teacher will be more than grateful when your child is independently capable of changing their outfit for PE or putting on a coat after school.

Pitch it as a fun game where your child can try on lots of their clothes and create the wackiest outfits possible. Don't be afraid to get involved and perhaps even have your own little photoshoot to capture your fashion creations!

### Story time

Every child loves story time. They don't often get to contribute to the story being

told, as usually they're the passive listener. This summer, sit with your child and start making up some stories together. You can set characters, objects or places that the story needs to be built around and let your child's imagination run wild. Nothing is too unrealistic - in fact, the more unusual the better! This gives your little one the chance to really stretch their creativity and pay attention by including the details that you previously agreed on. Take it a step further and assign roles to different members of the household and act out a scene as a family!

### Beat the clock

Although this one will suit the more competitive children slightly better, it can work for all! Pick a task or activity that your child needs to get done and start a stopwatch. Don't give any negative feedback on the time or they may feel stressed by the whole idea. You can tell them their time and challenge them to beat it the next time they're taking on the same task. This apparent time pressure can help to improve your little one's concentration and motor skills, as well as their general concept of time. It will greatly benefit them and it will also make the morning rush that bit more manageable when they're back to school!

### Get stuck into a book

Reading is a tried and tested, surefire way to keep your child's development progressing throughout the summer months. Allow them to pick books that they're interested in, but ensure that they are of a level that will pose a slight challenge. The aim here is growth, so reading books that they have read before, or find easy, won't necessarily do the trick. Consider asking them to give you a rundown of each chapter after they've read it to test their memory and recall ability, as well as how well they can present information. For children with reading difficulties, you can try the same format with audiobooks. If you can make the time, settle down next to them with a book and form your own healthy habit!

So worry no more about your child's development and learning slowing down through the summer months. With these tips, your little one will be sharper than ever when the time comes to go back to school!

# SCHOOL & FAMILY BREAKS



For July, we investigate  
three gorgeous luxury  
family resorts from  
around the world.

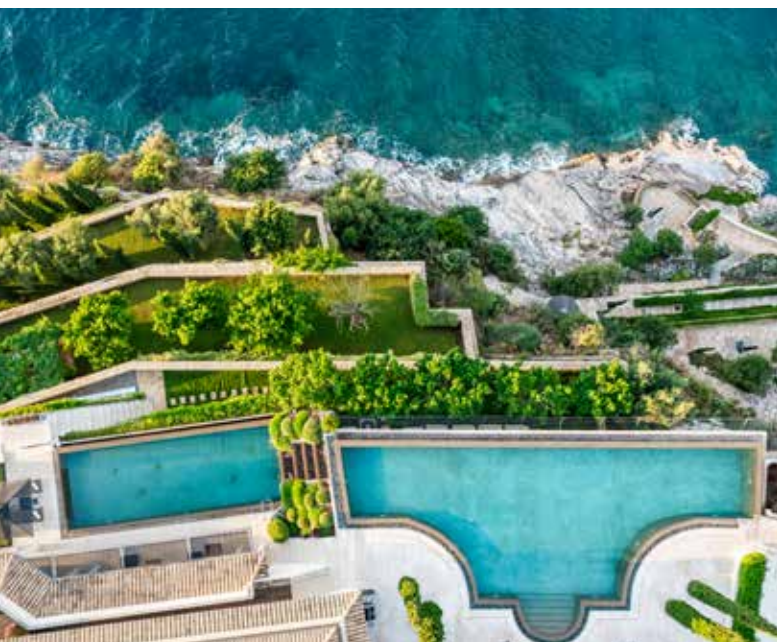


# FAMILY RESORTS THAT YOU SHOULD KNOW ABOUT

*If you're looking for family-friendly holiday resorts that combine luxury, stunning landscapes and immersive experiences, we have you covered!*



## SCHOOL & FAMILY BREAKS



Summer is a wonderful time for families to embark on fun adventures and create happy memories together. There are many kinds of trips to take, from staycations, to cities, to nature retreats. We've selected three gorgeous destinations to highlight this month that are ideal for parents and children alike. So, get ready to dive into the wonders of these enchanting resorts, where quality time, relaxation and exploration await you and your family.

### RECONNECT AT C MAURITIUS

Nestled in the vast expanse of the Indian Ocean lies Mauritius, a captivating island paradise. This hidden treasure, positioned east of Madagascar, is filled with vibrant marine life and lush tropical foliage. Beyond its breathtaking natural allure, Mauritius offers a great mix of cultural influences, blending the vibrant tapestries of Africa, India, China and France. If you venture into the untamed realms of the island's eastern region, you will find the whimsical haven of C Mauritius. Here, the coastline reveals a picturesque panorama of traditional villages and untouched stretches of pristine beach. As you venture further, the scenery transitions into a mosaic of mangroves, sugarcane fields and lagoons, painting a picture of untouched wilderness waiting to be explored.

### A quirky ethos

C Mauritius is a sophisticated yet casual hotel that provides a carefree escape for the young and the young-at-heart! With vivid splashes of colour and many playful elements, such as giant swings and a welcome drink from a mad scientist's 'concoctor' machine, the dynamic environment of the hotel is a joyful setting that promises to keep your family entertained.

### An all-inclusive dining experience

With an all-inclusive dining experience available at four unique restaurants, your every craving is sure to be satisfied with the sumptuous breakfasts, buffet lunches and themed dinners on offer.

Your family will also be able to partake in afternoon tea at the bustling agora, 'Cpicerie', located at the heart of the resort, where hand-picked specialty food and beverages will be served. Moreover, an extensive selection of fresh drinks, soft drinks and sparkling water is available in all hotel bars and restaurants, while the stuffed mini bar is filled daily with a selection of fine beverages and delicious snacks. Indulge in an endless flow of tasty food and refreshing drinks without worrying about any extra charges, as everything is part of your booking.

### Entertainment and activities

C Mauritius takes the lead when it comes to entertainment, offering a series of free sports and fun activities to keep your family moving and active. Immerse yourself in luxury with not just one, but three magnificent infinity pools. Sporty families will enjoy the padel tennis court, tennis court and outdoor gym, thoughtfully constructed using natural materials to blend harmoniously with the surroundings. For thrill-seekers, the clubhouse offers an exciting opportunity to try kitesurfing in the enchanting lagoon, along with kayaking, stand-up paddling and windsurfing. You can also embark on a family snorkelling adventure by traditional canoe, guided by a knowledgeable member of staff. For those seeking a more challenging expedition, join a local guide on a mountain trekking journey, guaranteed to ignite your sense of adventure.

Get ready for a truly unforgettable trip, filled with fun, excitement and experiences that allow you and your children to connect with the island's culture and traditions, creating meaningful memories that will last a lifetime.

### THE ULTIMATE GRECIAN ESCAPE

For a Mediterranean getaway that combines relaxation and adventure, look no further than Ultima Corfu. Perched on a dramatic hillside overlooking the breathtaking Ionian Sea, this ultra-luxury resort is a haven for families seeking a private sanctuary to unwind and rejuvenate themselves. The villa's expansive floor-to-ceiling windows invite natural beauty to flood the living space, while the sprawling wraparound terrace provides a perfect backdrop for al fresco dining with stunning views.

### Adventures await you

At Ultima Corfu, your family will have unrestricted access to the sea, with a private yacht available for charter. You can embark together on daily trips to local islands, accompanied by a dedicated captain and chef to cater to your family's needs. The resort's personal concierge is at your service throughout your stay, curating private excursions to the most beautiful spots on the island. Here, you and your loved ones can explore Corfu's imposing palaces, charming squares and

sandy coves with pristine waters. Ultima Corfu offers a range of experiences tailored to suit all tastes, ensuring that every member of your family finds something they love.

### Unwind and rejuvenate

When it's time to relax and restore your body and mind, treat yourself to one of Ultima Corfu's signature treatments or holistic therapies. Parents can enjoy an impressive Hammam experience, soak in the ocean view jacuzzi or take a dip in the two-tiered infinity swimming pools. Ultima Corfu ensures that families experience the ultimate wellness retreat, both indoors and outdoors, amidst the beauty of the Mediterranean.

### FUN IN THE SUN AT ONE&ONLY REETHI RAH

Embark on an extraordinary journey of seclusion and freedom at One&Only Reethi Rah, an exquisite luxury resort perfect for families. Nestled on a sprawling private island in the stunning North Malé Atoll, this retreat promises a truly luxurious experience. Picture your loved ones stepping onto the immaculate, powder-white sand beaches, being embraced by the crystal blue waters of the Indian Ocean and inhaling the invigorating fragrance of the lush tropical gardens that surround the resort.

### Dining for all the family

The resort boasts six incredible restaurants, with creative dishes from across the globe inspired by produce from the surrounding oceans and their own organic gardens.

### A plethora of facilities

Here, you and your family will be spoiled for choice with an array of exceptional activities. Explore the resort's twelve magnificent beaches and dive into the turquoise waters for exhilarating water sports such as wakeboarding, jet skiing and snorkelling. Whether you're a novice or an experienced diver, delve into the depths of the ocean on diving expeditions, where you will find a vibrant underwater world teeming with life. If land-based adventures are more your family's style, enjoy some friendly competition with beach volleyball, badminton or table tennis. Whatever your family enjoys most, One&Only Reethi Rah promises exhilarating adventures across sand, surf and sky.

### Top notch spa days

For those seeking pure relaxation, the renowned One&Only Spa beckons, offering an oasis of serenity where you can pamper yourselves with indulgent treatments. Enter a state of deep relaxation with their tailored wellness experiences and enjoy their all-encompassing approach to wellness. They offer bespoke ESPA treatments, as well as therapeutic journeys inspired by the island.

One&Only Reethi Rah is a beautiful luxury destination where families can make many memories together in an idyllic setting, complemented by top-notch amenities and warm hospitality.

These three picturesque destinations offer the perfect backdrop for an unforgettable family summer trip. Whether you choose to immerse yourself in the enchanting beauty of Mauritius, explore the wonders of Ultima Corfu in the Mediterranean, or indulge in the natural paradise of the Maldives, each resort provides a unique blend of luxury, jaw-dropping natural beauty and exciting activities tailored for families. So pack your bags, gather your loved ones and embark on a summer adventure filled with joy, relaxation and family fun!



# HOME & GARDEN



How plants and flowers can upgrade your home; simple ways to reflect the season with your décor choices and more!

## TRANSITIONING *to* **SUMMER DÉCOR**

*This month, we spoke to Adriana Kostic, Head of Marketing at PAN Home, about the furniture and fabrics that help your décor match the summer weather.*

As temperatures rise, it's nice to reinvigorate your living space with a seasonal-inspired makeover. Whether you opt for a living room upgrade, statement pieces or pops of colour, or elevating your outdoor space, you'll love making your home feel like a serene oasis where you can escape the scorching days and nights.

### PAN HOME

PAN Home offers contemporary sensibilities with traditional craftsmanship and exceptional quality, at attractive price points. Their new collection showcases organic shapes, natural materials, handcrafted pieces and minimalistic yet functional designs, ideal for a summer refresh.

Lighter elements like cooler bedding, linen touches, bright paint and easy interior tweaks bring about a sense of change that reflects the season. From indoor and outdoor pieces to bold design, here are five affordable pieces that create a summer aura.



### CANVAS ART

Serene prints add a touch of calmness and evoke summer seaside memories or other elements of the natural world. Incorporating fresh prints makes every space inviting and refreshing, while also adding a dash of personality. This blue piece has a cooling effect on your room and is priced at just AED 329.

## TUSKAR ACCENT CHAIR

The Tuskar Accent Chair (AED 1150) has a combination of rattan and soft fabric that offers a perfect spot to relax and lounge in style this summer. Whether you're curling up with your favourite book or simply unwinding after a long day, this accent chair features a neutral palette suited to summer colours, making it a great choice for creating your own cosy corner this season.



## AKOLA DINING TABLE

A perfect blend of natural wood and aesthetic marble, the Akola dining table is a scene-stealer statement piece for your contemporary home. Dress it up with stylish placemats, candles or a modern vase with summer florals for your chilled summer brunches and lunches. Family mealtimes become stylish summer events sitting together at this gorgeous table. Priced at AED 3595, this piece is for those in search of easy, elevated dining this season.



## THE NEBO GARDEN SOFA SET

Embrace the essence of nature and update your outdoor setting with the Nebo Garden sofa set (AED 1395). With its combination of sustainable wood and thick meshed wicker, it can withstand harsh heat and dust. Perfect for summer evenings in the garden or early morning coffee bliss, the set features an oval coffee table, a 2-seater sofa, and two armchairs with removable white cushions.



## THE CALIX HAND-TUFTED CUSHION

Made with high-quality cotton, the Calix is a boho-style cushion that features a unique pattern, handcrafted by skilled artisans. Priced at AED 59, it's perfect for those who like to infuse touches of colour, warmth and creativity into their living areas, while the natural palette complements a variety of existing colour schemes, making it an easy addition to your home.

**Explore PAN Home's extensive new contemporary collection at one of PAN Home's showrooms across the UAE, or online at [www.panhomestores.com](http://www.panhomestores.com), where home delivery is available within 48 hours.**

# DESIGNING YOUR CHILD'S NURSERY

*With a little one on the way, setting up a nursery will be on your mind. These helpful ideas and the freedom to get creative mean you might even enjoy it!*



## SEVEN TIPS FOR GETTING STARTED

With a little one on the way, decorating the nursery is another job on the seemingly endless list that needs to get done before the big day! Not knowing where to start can be overwhelming but don't worry - here are a few tips that will send you in the right direction.

### Build a mood board

Putting together a mood board is a fantastic place to start. It provides you with the freedom to brainstorm ideas, layouts, colours and anything else you want. You can use apps such as Pinterest and compile all sorts of photos for inspiration that fit into the theme that you're going for.

### Home sweet home

One aspect that lots of families don't consider is how the nursery room fits into the theme of the house as a whole. Some careful consideration here and your nursery will seamlessly match the rest of your home, giving it the sense of being well-thought through, as opposed to sticking out!

### Safety first

When it comes to outfitting your baby's nursery, it's good to keep safety at the forefront of your mind. Ensure that the cot meets the standard safety requirements and take care to position it away from any hazards in the room, such as windows, electronics or cables.

### Plan it out

If you have the option of choosing which room to use as the nursery, a quiet room at the rear of the house can work best. Ideally, it'll be close

to your room so you can get there quickly when the need arises. Make sure that it's a comfortable temperature and has black-out blinds to keep the room in darkness and to encourage your little one to sleep soundly!

### Timeless simplicity

The most beautiful nurseries are often the ones that have a simple but useful selection of furniture that is aesthetically pleasing while remaining functional. As exciting as it is to decorate, pause for thought before each step and, if in doubt, keep things neutral. A calming colour palette and a comfortable chair for mum or dad to sit in while keeping an eye on the baby is a must!

### Think ahead

Is there going to be another new family member on the way that needs a nursery once your newborn has outgrown it? Or do you intend for the nursery to turn into your little one's bedroom once they get a little older? The answers to these questions will help to decide which way to decorate it - whether you lean into a specific theme or leave things open-ended for the years to come.

### Get creative

Redecorating a room from scratch can be so much fun! Let your creative juices flow and don't be afraid to try something different. A feature wall, special wallpaper or a quirky rug might be just the thing to finish the new nursery off with a flourish!

So take this opportunity with both hands to have fun and create the perfect soothing space for your soon-to-arrive bundle of joy!



# UTILISING THE POWER OF PLANTS IN YOUR HOME

*Here, we look at easy ways to bring some botanical flair into your living space.*



With summer in full swing, there's an easy way to bring the vibrancy of the outdoors into your home - by bringing the garden inside! There's something magical about infusing your living space with the natural beauty of fresh flowers and plants. Not only will this add a touch of charm to your décor, but it's also an easy way to create an uplifting atmosphere for you and your family to enjoy.

## FLOWERS

Indoor plants offer a breath of fresh air during these hot summer months, bringing a sense of tranquillity and a connection to nature right into your living areas. It's such a simple idea but decorating your home with flower arrangements instantly upgrades your space. Bold and cheerful blooms like sunflowers, daisies or zinnias lend a pop of colour, a lovely fragrance and a touch of sophistication to your home.

## GREENERY

Potted plants are great for adding green accents to your interiors, breathing life into any corner of your home. In the UAE, there are several options that don't need much care and are safe for children and pets. Desert-friendly plants like aloe vera, snake plants or spider plants are not only hardy, but are actually natural air purifiers, creating a fresher, cooler atmosphere for your family to relax in.

## TERRARIUM MAGIC

Creating a terrarium, those awe-inspiring miniature plant worlds in a glass container, can be a quirky summer project for the whole family. Opt for succulent or cactus terrariums that thrive in the UAE's arid climate. These low-maintenance wonders will also be a source of excitement for kids' curious minds.

## WHERE SHOULD THEY GO?

It's always good to consider the placement and styling of your plants. Keep in mind the lighting conditions each one needs, and whether you need to keep them out of the reach of little hands! For instance, floral arrangements look great on tables or shelves, potted plants on sturdy stands or planters and terrariums in well-lit areas, where they can be admired but not easily disturbed.

## CARE AND ATTENTION

Water your plants as recommended and provide them with good sunlight, but also be mindful that they get the right amount without being scorched. Don't be afraid to ask questions at your local plant nursery for guidance. With a little attention, your greenery will thrive, keeping your home cool and lush throughout the hot summer months.

Incorporating floral arrangements and plants into your home decor is a fantastic way to connect with nature and foster a nurturing environment for your family. So, embrace the colour of fresh flowers, the vitality of potted plants and the allure of terrariums. With these simple steps, you can easily and quickly make your home more serene, interesting and full of life!



# GOOD LIVING



Gorgeous fragrances for summer; makeup tips to beat the heat and some exciting competitions!



For July, I look at the makeup tips and tricks that will keep you glowing and fresh, despite the scorching heat, as well as a selection of perfumes that are perfect for summer!

## THE ULTIMATE GUIDE TO *HEAT-PROOF* *MAKEUP*



Summer is the most sociable time of year, and what better way to embrace the season than with a soft, yet glamorous, makeup look that withstands the summer heat? Let's look at easy ways to do exactly that!

### GO LIGHTWEIGHT

Hot weather calls for makeup that feels light on the skin and comfortable to wear through the day. Summer is a time when you need to be especially conscious of the ingredients that go into your makeup products, to avoid skin irritation, breakouts and oily, dull skin. I recommend you opt for oil-free formulations, made using natural or organic ingredients. These not only give you full coverage, but are also nourishing - so your skin retains its natural freshness all day long.

### PREP FOR PERFECTION

I always prep my skin by cleansing and moisturising thoroughly to create a smooth canvas. A lightweight primer is an easy way to prolong the wear of



your makeup and control any excess shine. Don't stop at the face either! Feel free to apply an eye primer before your eyeshadow to keep the colour vibrant all day and prevent any creases.

### EMBRACE NEUTRAL TONES

Soft glamour is all about understated elegance. Choose a palette of neutral shades for your eyeshadow, such as champagne, peach or beige. These versatile hues complement any light summer outfit, creating a timeless and sophisticated look.

Different textures can add depth and dimension to your eye makeup, so it need not be boring! Simply use a matte shade as a base, then apply a shimmer on your lid and a touch of satin finish in the inner corners for an eye-catching look built out of a neutral palette.

### CHOOSE WISELY

Waterproof mascara and eyeliner will keep your makeup intact, despite the summer heat. These smudge-proof formulas have immense staying power, no matter the humidity! Equally, it's

a good idea to choose lightweight products when it comes to things like blush and highlighter, for a glow that won't melt away or feel too heavy in the heat.

Go for colour intense lipsticks made with ingredients like coconut oil and shea butter to highlight your lips. Their combination of rich hues and lasting hydration will help you to achieve that perfect pout, even amidst the blazing sunshine.

### GET THAT GLOW

Achieve a dewy glow by mixing a few drops of a liquid illuminator, illuminating primer or even liquid highlighter with your foundation. This will add a subtle luminosity to your complexion while keeping the finish lightweight and natural - ideal! I like to create a 'lit-from-within' look by also using liquid highlighter to accentuate the cheekbones, the bridge of the nose and the cupid's bow.

This summer, my advice is to embrace a lighter beauty approach. It can still give you a glamorous makeup look, while beating the challenges of hot summer weather. With lightweight products, neutral tones and these handy tips and tricks, you can confidently step out with a radiant look no matter the temperature.

# SIGNATURE FRAGRANCES *for* SUMMER

This month, I wanted to bring you a choice of perfumes perfect for the summer season. Whether you prefer traditional scents, a spritz of something floral and fruity or a fragrance that is decadent and mysterious, there is something for you on my list!



## GLISTENING AMBER, EAU DE PARFUM BY JUICY COUTURE

Radiant and glamorous, Glistening Amber is a complex scent that promises to envelop you in a veil of richness. In terms of top notes, luminous frangipani blends with the subtle sweetness of black raspberry. Mid notes of orris and vanilla are contrasted by incense, creating a smooth and

spicy heart. The fragrance stands on base notes of amber and soft muscenone, grounding this perfume in a warmth that is complemented by velvety cashmeran. Priced at AED 395, it offers a beautifully nuanced scent that will take you from day to night.



## MAJESTIC WOOD, EAU DE PARFUM BY JUICY COUTURE

This enticing, bold perfume brings together gorgeous ambers and dry woods to create a powerful fragrance, for a spritz of confidence each morning! Captivating and provocative, Majestic Woods is priced at AED 395 and aims to

empower any woman who wears it. Sweet tonka is mixed with praline for top notes that open the fragrance with a beautiful contrast. Musky ambrox and warm amber create an earthy combination that adds mystery and depth to the mid notes, while the dark intrigue of patchouli makes for a strong base.

*Both perfumes are available online at [www.goldenscent.com](http://www.goldenscent.com) or in-store at Debenhams, Mall of the Emirates.*



## SHAGHAF OUD AHMAR BY SWISS ARABIAN

Perfect for these balmy summer evenings, my third choice for the month is Shaghaf Oud Ahmar by Swiss Arabian, a warm amber gourmand fragrance that can be worn by men and women. Crafted with notes of bergamot, melon and juicy peach, and nuanced with iris and freesia, Shaghaf Oud Ahmar has a mouth-watering heart of apple, rose and tonka beans. With a unique contrast in intensity and sweetness, it's fresh while still being unmistakably woody. Packed in a bright red bottle, this new scent has an opulent air, but also captures the spirit of excitement that the hot season brings. Priced at AED 195, treat yourself or let your loved ones know they're special with this traditional but unique perfume.

*It can be purchased from Swiss Arabian stores across the region or online at [www.swissarabian.com](http://www.swissarabian.com).*



## YOLAND EAU DE PARFUM BY LOOTAH

This classic fragrance from Lootah is one that I personally love! It's based on violets, and has a long-lasting signature that suits both men and women. Priced at AED 320, it is rich yet light, featuring refreshing notes of coconut, cut with amber and bergamot. This perfume is a wonderful choice for anyone looking for a refreshing, floral scent for summer.

*Yoland Eau de Parfum is available online at [www.lootahperfumes.ae](http://www.lootahperfumes.ae) or in stores across the UAE.*

# COMPETITIONS

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



## WIN! A VOUCHER FROM UP- FUSE, WORTH AED 500

Up-Fuse is a slow fashion brand, now available in the UAE, that produces one-of-a-kind bags, passport holders, wallets, laptop sleeves and more, using only recycled and sustainable materials. Featuring bold colours and a modern design, every product from Up-Fuse is ideal for those looking to invest in eco-friendly pieces. The brand also works with local NGOs in Egypt to create jobs within the community and support local women and migrants from different parts of the Middle East. One lucky reader will get a voucher worth AED 500 to shop any products from Up-Fuse, including the delivery fee.

## WIN! AN ELVIE STRIDE BREAST PUMP, WORTH AED 809



Elvie, the revolutionary global femtech innovator recently entered the UAE market with the launch of their range of award-winning, discreet, wearable breast pumps. They're offering one lucky winner their most powerful pump - Elvie Stride.

Elvie Stride combines top-notch technology with a stylish appearance so that ladies can integrate pumping into their daily life with ease. It is completely hands free, very lightweight and equipped with noise reduction technology that makes it quiet enough to blend in with most ambient noise. The pump also cleverly connects with a smartphone app to allow remote control and easy history logging. Ideal!

## WIN! A GIFT SET FROM LUSH, WORTH AED 525



A beauty company with a campaigning heart, Lush is giving away a gift set worth AED 525 to one of our lucky readers! It comes with three deliciously scented shower gels, a salt scrub, body butter and a soothing foot balm. Whether you want 'The Olive Branch', a delicate shower gel full of

sweeping citrus notes and Fair Trade Olive Oil, the crisp spearmint tingle of 'Dirty Springwash', or the zesty grapefruit goodness of 'Happy Hippy' to wake up your skin and mind, this set has you covered. Treat your body to some natural brightness with 'Orange', a zingy exfoliating body scrub, or indulge your skin in the coconut and citrus goodness of 'Lime Bounty', a gloriously creamy lotion for skin that needs mega moisture. Lastly, don't forget to show your feet some love with 'Repeat', a deeply moisturising foot balm, made with candelilla and sunflower waxes, and full of the microbial, refreshing and toning powers of organic blood orange oil. This set promises to leave you refreshed and rejuvenated!

**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 GIFT VOUCHER FROM MYKO KIDS, WORTH AED 500

To celebrate the launch of the eco-friendly, sustainable and luxuriously soft babywear brand, Myko Kids, they're giving away a voucher worth AED 500 to shop the beautiful range on [www.mykokids.com](http://www.mykokids.com). Focused on the wellbeing of babies, the brand offers adorably crafted, organic garments and accessories that are thermoregulating, anti-allergenic and breathable. Guaranteed to delight parents and gifters alike, the thoughtfully curated range of clothing is practical, premium quality and super stylish. All organic fabrics used are GOTS certified, all blended organic and sustainable fabric is OCS certified, while the swimwear collection is made from recycled material. The collection is also OEKO-TEX Standard 100 certified, meaning the garments are free from toxic chemicals and harmful substances, so you can rest assured your children are in the best hands when it comes to their wardrobe choices.

## WIN! A VOUCHER FROM PAN HOME, WORTH AED 500



Transform your home into a haven with timeless, modern and affordable furniture from PAN Home. Previously known as PAN Emirates, Pan Home is a home-grown furniture company that has been in the region for nearly 30 years and is a one-stop destination when it comes to home furnishing. Discover the perfect blend of comfort, style and functionality with a diverse collection of furniture and home accessories that elevate any living space. From sofas, accent chairs, coffee tables, bedroom sets and accessories, PAN Home features handpicked products from across the globe to suit every style. One lucky reader will get a chance to shop for any products from PAN Home with a voucher worth AED 500.



## WIN! A LADIES DAY OUT PACKAGE AT COYA SPA, WORTH 950

Founded in 2018, Coya Spa and Salon is a luxury beauty and wellness escape offering premium spa and salon services, including hair, nails and lashes. Located in Mirdif, Dubai, Coya Spa and Salon features pioneering treatments, lavish spaces, and quality professionals, with a destination created to immerse you into a new dimension of beauty and relaxation. With dedicated private rooms and world-class equipment, Coya Spa offers an experience unlike any other. Spend a full day being pampered with an exclusive wellness and beauty package, which includes a luxurious Moroccan Bath, a 45 minute massage, an express facial, a nourishing hair treatment and a classic mani-pedi. Perfect for some solo relaxation or a fun day out with your best friends, this package can be enjoyed all at once or spread out over four weeks.

**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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