

ISSUE 146 | AUGUST 2023 | DHS15

Mother Baby & Child

TRAVELLING
STRESS-FREE
WITH KIDS

SUMMER BOOKS
FOR YOUNG
READERS

FOSTERING
DECISION-MAKING
SKILLS

EMBRACING
MINIMALISM
AT HOME

'BEAT THE
SUMMER HEAT'
EVENT REPORT

GETTING READY
TO START
SCHOOL!



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EDITOR'S LETTER



Hello Mum!

With only a few weeks left to go before school begins, many mothers are turning their minds towards the term ahead, particularly anyone sending their child to school for the first time! In this issue, you'll find an interesting piece on page 35, all about how to gently help prepare your little one for this important milestone.

At the end of July, we held one of our popular free breakfast events for mothers, with the theme 'Beat the Summer Heat', focused on child safety concerns in the hot weather. Sponsored by Babyshop, WaterWipes and Al Ain Farms, the event allowed parents to gather information and insights about the health risks and hazards to babies and young children associated with the soaring temperatures of the summer months. The event was a safe place for parents to air their concerns, listen to experts and ask questions. Read all about it on page 16 of this issue!

We've included an article looking at the secret ingredients of an inspiring bedroom for kids (page 43) that will help give them the best possible rest, while nurturing their hobbies too - at every age. I'd love you to check out two Parenting articles this month, delving into the tricky topics of fostering strong decision-making skills (page 30) and travelling stress-free with the whole family (page 23). Both have a tough reputation among parents, but you'll find some handy pieces of wisdom that should help make things as successful as possible!

Elsewhere, we discuss psychologist Tanya Dharamshi and her colleagues' effective strategies for balancing personal and parental responsibilities (page 14). I hope you find the advice they've provided useful for managing the tricky balance of motherhood and minding your own wellbeing.

This is the classic time of year for a summer holiday. We've got you covered on page 40, with a look at lots of beautiful, family-friendly island destinations to suit all the personalities you may have in your house! From tropical paradises and white sand beaches, to stunning clifftop retreats and even a relaxing staycation right here in UAE, there is something for everyone.

The Editor's fashion picks for August (page 47) focuses on kids' style, with a selection of summer clothes to take children from their beach days, through to outdoor adventures and all the way to getting back-to-school ready! As always, I've chosen my favourite beauty picks with you in mind, including a new range of organic makeup and a powerful new player in anti-ageing skincare. Check it out on page 48!

As usual, I won't give everything away here, I'll leave it up to you to discover this issue for yourself, including the cool competitions happening this month!

Happy reading!

Ella

Editor

Mother, Baby & Child Magazine

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A HEALTH BOOST AT HOME!

Whether you're getting ready to travel, have just arrived back or are sitting tight in the Dubai summer heat, there's never been a better time to get an IV Drip, especially in the comfort of your own home!

Dubai's longest-standing premier cosmetic and plastic surgery professional, Nova Clinic, has just launched At-Home IV Drips. Its bespoke Intravenous Nutritional Therapy is tailor-made, with your needs in mind, to encourage wellness and to support your journey towards achieving optimal health.

The experience begins with a consultation with one of their General Practitioners. Unlike other services in the region, Nova Clinic provides a medical doctor offering a comprehensive consultation. Here, a customised infusion will be selected based on your needs to help rejuvenate you and kick off your wellness journey.

Simply sit back and relax as the IV Drip provides your body with the minerals and nutrients it needs. Whether you want to amplify your beauty, boost your immunity or reduce stress while enhancing recovery, this is sure to become part of your favourite routine.

Visit www.thenovaclinic.com/services/iv-therapy for more information.



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MAKE NAPPY TIME A HAPPY TIME!

It happens to parents and caregivers everywhere - you just never know when your baby will need a fresh nappy. When your little one needs changing, bad odours can strike, often at the most inconvenient of times.

Vapoorise has just launched a solution to tackle this exact thing and I think their new innovative skin-friendly odour eliminator range is a wonderful solution. Its specialised formula has been created with the health and wellbeing of your little one in mind, using environmentally friendly ingredients that work to neutralise any unpleasant smells. The uniquely blended fragrances quickly release fresh, floral notes, including lavender and ylang-ylang, for a more pleasant nappy changing experience.

Allergen-free and IFRA certified, Vapoorise products are 100% safe to use around babies and are environmentally friendly. They come in a handy 100ml size that's super portable and easily carried in your baby's nappy bag. So whether leaving home for a few hours or travelling further afield, parents and caregivers can always be ready to chase odours away and leave a gorgeous scent in their wake.

Visit www.vapoorise.co.uk to shop online and for more information.



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THINGS TO DO



A seasonal spa experience to indulge in; Parisian high tea to savour; an immersive Paw Patrol game and more!



DINNER AND A SHOW 53 FLOORS UP

Have you ever wanted to take in dinner and a show, while admiring the breathtaking Dubai skyline? 53 Dubai, located at the Sheraton Grand Hotel on Sheikh Zayed Road, promises just that. With its brand new daily 'dinner show' package, this is a dining destination not to be missed!

At 53 Dubai, you and your loved ones can now embark on a delightful culinary journey accompanied by an enchanting performance. The summer season brings an irresistible offer priced at AED 350 per person, which includes a delectable three-course meal and three refreshing drinks. This exclusive package is available for the first fifty guests every night, excluding Mondays, and offers exceptional value, exquisite cuisine, thirst-quenching beverages and jaw-dropping entertainment.

The three-course menu has been thoughtfully curated to delight even the most discerning palates, showcasing the expertise of the esteemed chefs at 53 Dubai. From tantalising appetisers to mouth-watering main courses and decadent desserts, the menu promises to hit all the high notes.

To complement the cuisine, your family can enjoy three drinks from a selection of refreshing beverages, which will provide the perfect accompaniment to the evening's entertainment. Performances include acts from the talented Mr. Wim, Minoram and Natalie, along with talented dancers and acrobats. This daily 'dinner show' package is available for a limited time only, so reservations are highly recommended to secure a spot.

Location: 53 Dubai, Sheraton Grand Hotel, Sheikh Zayed Road, Dubai

Time: 9pm until late, Tuesday to Sunday

Price: AED 350 per person

For more information and to book your table visit www.53dubai.com or contact 53 Dubai at +971 56 253 5353.



THE PERFECT SUMMER MATCH AT HAMMER BURGERS

Hammer Burgers presents 'The Perfect Summer Match', an irresistible combination of mouth-watering burgers and refreshing beverages, designed to delight customers of all ages. Brace yourself for a feast of flavours, available at the Jumeirah 3 and JVC branches. 'The Perfect Summer Match' brings together the iconic flavours of Angus beef and chicken burgers with the choice of two sensational beverage options. For just AED 55, diners can dive into a burger and mojito combo. If you're craving a creamy and dreamy treat, try the burger and milkshake combo for just AED 65!

The stellar lineup of burgers offers something for everyone, including the timeless 'OG Burger', the 'Fun Guy Burger', the divine 'Carmel Burger' and the bold and flavorful 'OLD Burger'. Sink your teeth into the classic 'Cheese Burger', unleash your hunger on the satisfying 'Hammer Smash' or enjoy bite-sized delights with the

crowd-pleasing favourite - 'The Slider'. For those craving chicken, the 'Original Chick' and 'Cheeky Chick' burgers deliver a satisfying taste, while the succulent 'Lucy Burger' is sure to hit the spot.

To quench your thirst and complete 'The Perfect Summer Match' experience, Hammer Burgers has crafted a selection of both alcoholic and non-alcoholic mojitos. For the ultimate creamy indulgence, make sure to check out their fabulous range of delicious milkshakes. 'The Perfect Summer Match' offer is available until September 30th and is a wonderful idea for dinner out with the whole family.

For more information, visit @hammer.burgers on Instagram, or contact +971 4 262 4492 for the Jumeirah 3 branch and +9714 874 4222 for the JVC branch.



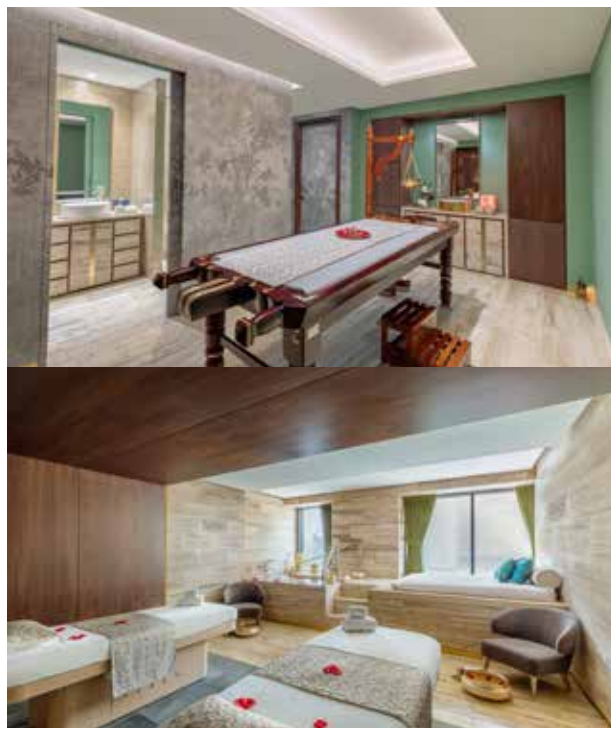
PRIORITISE SELF CARE THIS SEASON

Treat yourself to some much-deserved self-care with holistic wellness treatments at J Wellness Circle, in Dubai's luxurious Taj Exotica Resort and Spa. Here you will discover specifically curated therapies that rejuvenate your mind, body and spirit, blending ancient Indian healing wisdom with royal luxury. These transformative therapies, including guided yoga and meditation sessions, could be the perfect way to take care of yourself this summer. Consider inviting a friend or loved one along to avail of the 'Holistic Healing Therapy For Two' package. Priced at AED 1500, this promises to be a deeply rejuvenating journey for all involved. You can both sample signature therapeutic offerings for restful sleep, detoxification and pain relief, including hot water showers, full-body massages, gentle exfoliation, cupping therapy and fomentation therapy. What could be better!

Location: Taj Exotica Resort & Spa, The Palm

Price: AED 1500 for Holistic Healing Therapy for Two (120 minutes)

For bookings and more information, call +971 4 275 4444.



'PAW PATROL® NEW RECRUITS' TAKES THINGS TO ANOTHER LEVEL



Calling all Paw Patrol fans! Majid Al Futtaim Entertainment is excited to announce its latest Immersive Gamebox (IGB) experience: PAW Patrol® New Recruits. The multi-level gameplay follows Ryder and the PAW Patrol® pups as they navigate rescue training modules from The Lookout in Adventure Bay.

In this hyper-immersive game, little ones will play as their favourite pups including Chase, Rubble and Skye, with multiplayer action for two to six players, before ending the game with a Pup Pup Boogie Dance Party. The game has been created for children ages three to seven but can be enjoyed by everyone.

Paw Patrol® New Recruits is designed to be a fun activity for children and parents alike, with the ability to adjust the level of difficulty depending on the ages of the players. This activity promotes teamwork and includes educational elements that are integrated in an engaging way with the mission, to make screen time social. So prepare those in your family who love Paw Patrol® for a whole new level of fun!

Visit Immersive Gamebox at Magic Planet City Centre Mirdif, Dubai and Magic Planet City Centre Al Zahia, Sharjah or book your tickets online at www.magicplanetmena.com/en-ae/immersive-games.

FAMILY-FRIENDLY ENTERTAINMENT AT THE GALLERIA

The Galleria Al Maryah Island has an action-packed summer schedule of family activities, with live stage shows, meet-and-greets and themed play zones for little ones - complete with all their favourite characters! From 11th to 20th August Dora the Explorer, SpongeBob Squarepants, Shimmer and Shine, and Chase and Marshall from Paw Patrol will take to the stage. Additionally, the Nickelodeon Rocks play zone is open until 27th August.

These unmissable shows take place three times daily and are free for young guests to attend. Meet-and-greets are limited and offered on a first-come, first-served basis, so it's recommended to arrive early. Access to the themed play zone is also complimentary for those who have spent AED 200 or more anywhere at The Galleria.

As if all that wasn't enough, the newly-opened Game Over Escape Rooms add to an already exceptional line-up of exclusive entertainment, including National Geographic Ultimate Explorer and Zero Latency Virtual Reality. Make sure to check out the largest theatre in the emirate - the 21-screen VOX Cinemas with IMAX, perfect for the latest blockbusters. With all this and more, The Galleria is the ultimate lifestyle destination for you and your family this summer!

Location: The Galleria Al Maryah Island, Abu Dhabi

Time: 10am to 10pm (Sunday to Thursday), 10am to midnight (Friday and Saturday)



PARISIAN SUMMER HIGH TEA AWAITS



Parlour Boutique is delighted to announce the launch of its new high tea experience. 'Parisian Summer High Tea' invites you and your loved ones to revel in the warmth of the season with two refreshingly fruity, non-alcoholic bubbly drinks and a delectable selection of sweet and savoury bites, inspired by the flavours of summer.

'Parisian Summer High Tea' at Parlour Boutique is an exquisite fusion of flavours and textures, carefully curated to delight your senses. Here you can sample a sharing platter of fifteen delectable items, skillfully crafted to evoke the essence of summer. From tantalising savoury bites to luscious, sweet treats, each offering is meticulously prepared and expertly presented.

Priced at AED 250, 'Parisian Summer High Tea' is perfect for sharing between two. It presents an opportunity to relax, unwind and indulge in the company of a loved one or a friend, all while enjoying the finest seasonal delicacies.

'Parisian Summer High Tea' is available every day, allowing you to escape the daily grind and immerse yourself in the ambience of Parlour Boutique. With unmatched attention to detail, impeccable service and commitment to culinary excellence, Parlour Boutique promises an unforgettable high tea that showcases the best of summer in every bite.

For reservations or further information, contact Parlour Boutique at +971 50 626 9977.

WELLBEING



Expert insight on
balancing motherhood
and wellbeing; our
event report on keeping
children safe in the heat
and more!





HOW TO DEAL WITH MESSY EATING

Messy eating is part of childhood, a process that is filled with curiosity, play and learning. Let's take a deeper dive into this stage of development.

As kids learn to feed themselves, they go through lots of different developmental phases that contribute to the occasional mess mothers encounter during mealtimes. From grasping food with tiny hands to wielding spoons, forks and cups, each step requires patience, practice and muscle coordination. Mess is part of the learning process, so brace yourself for a few spills along the way!

PLAYTIME

Believe it or not, playing with food isn't just mischievous fun - it serves an essential purpose in children's development. Through playing with their food, kids hone their fine motor skills and continue learning about different foods, even after mastering the art of eating without spills.

Food play can actually be a gateway for children to explore the world around them. The shape, colour and texture of foods offer valuable lessons. For instance, dropping things leads items to fall downward, throwing food makes things sail through the air and squishing soft foods such as peas transforms their texture and their look. Once you understand the significance of playing with food, it might become easier to tolerate the occasional mess and even share a chuckle over it.

TACKLING THE MESS

While messy eating is a natural part of your child's journey, there are ways to minimise the chaos and make mealtimes more enjoyable for both you and your little one. Let's take a look.

Finger food

Cut food into strips or fingers and let your child use their hands instead of cutlery. This method is especially helpful during the early stages of learning to eat independently.

Get kids involved

Ask your child to help set the table if they're old enough. When they take part in the meal setup, kids are less likely to mess it up.

Family mealtimes

Make it a habit to sit together as a family during mealtimes. By setting an example of proper table etiquette, you can positively influence your child's eating behaviour. However, do remember that acquiring these skills takes time and patience.

Keep calm

If your child makes a mess, stay calm and patient. Often, they might be testing your reaction. By not making a big fuss, you take away the excitement and lessen the likelihood of a repeat performance.

Plan ahead

Place a plastic mat or old towels under your child's highchair or chair to make cleanup easier. Make use of feeding bibs to keep their clothes tidy and save bath time or clothing changes for after meals.

Ask for help

If messy eating persists into your child's preschool years and you feel concerned, it's best to discuss this with your doctor for professional advice.

As your child navigates this adventurous phase of self-feeding, be patient and support their exploration of food and the world around them. This way, you'll witness them grow into a confident, coordinated and curious little individual. So, embrace the mess and remind yourself that it won't last forever!

BALANCING MENTAL WELLBEING AND MOTHERHOOD

Psychologist Tanya Dharamshi and her colleagues from LightHouse Arabia share effective strategies for balancing personal and parental responsibilities, allowing you to foster a healthy connection with yourself and your children.

Sometimes it can feel that the concept of mental wellbeing and being a mother cannot coexist. As parents we work every day to ensure our children's needs are met and in doing that, the day can often get eaten up, leaving no time for oneself. Twenty-four hours does not feel like it is enough time to do all that mothers need to do. You must be the driver, the chef, the doctor, the nurse, the party planner, the teacher, the playmate, the nurturer and the chief operating officer; often while working full time.

DR. TANYA DHARAMSHI

Tanya Dharamshi says she learned quickly that to ensure enough time for herself and her mental health, while still trying to show up for her family in the most authentic and supportive manner, meant finding small moments of self-care in the day instead of waiting for extended periods to miraculously be available.

Breath work

Every morning when I wake up, I sit in silence in my bed for a few moments, place my hand on my heart and my stomach, take five deep breaths and say "Thank you" for the day. I do not touch my phone for the first half an hour to ensure I am not jolting my brain into stress action mode, but rather allowing myself to stay in a place of connectivity to my body and my breath. When my children were young I would sit with them and "blow our bellies up like balloons", doing breath work with them as well.



Playtime!

What a wonderful time to stay present with our children and reconnect with our own inner child. Use this time to engage with creativity within yourself. My favourite activity was using dry erase markers and drawing with my children on the big windows we have in the house – of course with music on and the occasional breakout into a dance off with them.

Ground yourself

A handful of times during the day, I take a moment to ground myself. I do this by walking barefoot on the floor or carpet, taking deep breaths in with a longer exhale out, and placing ice packs or cold water on the sides of my neck and then my wrists (or pulse points) for a few minutes. This helps me reset and relax my vagal nerve, which allows me to have a calm approach to what comes next.

Language

I am mindful of the language I use towards myself. Showing up for myself with kindness and compassion is important. Removing judgement, meaning words such as good, bad, right, wrong, must and should, and leaning into my responses and feelings with curiosity and acceptance of myself as a human helps me to show up the same way for my family. This gives my family the permission to be gentle with themselves as well, exploring their emotions with the same curiosity, kindness and acceptance towards themselves and others.

Bedtime

The bedtime routine with my children was used to connect with them in a safe, curious space when they were younger. We would do a guided story meditation. It gave my children the tools to come into awareness of their body and allowed me the opportunity to meditate - a win-win for all! Now that my children are older, every evening before I go to sleep, I take my five deep breaths, with my eyes closed and a hand on my heart and stomach. I then write down three things I am grateful for in a journal by my bedside and listen to binaural beats as I fall asleep, which allows me to stay in a deep sleep longer, improving my cognitive functioning and mood.

As Tara Dharamshi reflects on all the quick and impactful ways she has managed her

mental wellbeing over the years, she reached out to other psychologists who are mothers at LightHouse Arabia for their insight.

DR. SALIHA AFRIDI

Here are some tools that mother and psychologist Dr Saliha Afridi uses to stay balanced.

An intentional start

Most mornings I wear a facial sheet mask, do some deep breathing and meditate or have a mindful cup of tea before beginning my day. This way I have tended to myself before I prepare to be of service to everyone else.

Checking in

Throughout the day I take five minute breaks in between my meetings, at lunch time or before I head back home from work. During these pauses, I check in with myself by doing a body scan. I ask myself “Do I need anything?”

Saving energy

On days where I am tired or overwhelmed, I conserve energy by taking an Uber. It is amazing how much energy and thinking goes into driving! You may benefit from cutting a

different corner, but whatever works for you is definitely worth it!

DR. SUMMER FAKHRO

Lastly, we hear from psychologist Summer Fakhro about the easy tips and tricks she employs to balance her wellbeing and her role as a mother.

No phone

I sleep with my phone outside my room. This gives me the permission to maximise my sleep and not have the temptation to check the time if I wake up in the middle of the night.

Wake up first

I try to wake up ten minutes before my children do to engage in regular breathwork or meditation practice. This helps me connect my mind and my body and set my intention for the day.

It is important to remember that as parents, the best way for us to show up for our children in a manner that fosters healthy growth is for us to be in tune with ourselves, to be compassionate, to be gentle and to be forgiving with ourselves. These hacks from the psychologists (and mothers!) at LightHouse Arabia should help you along in your journey of parenthood.



‘BEAT THE SUMMER HEAT’ BREAKFAST EVENT REPORT

Last month we held one of our popular Free Breakfast Events for mothers, with the theme ‘Beat the Summer Heat!’ Sponsored by Babyshop, WaterWipes and Al Ain Farms, the event was held at Bounty Beets Restaurant at Le Meridien Mina Seyahi, in Dubai Marina.



SUMMER HEALTH RISKS

After a welcome introduction from host Kay Marham, the event started with a presentation from Dr Wafaa Faysal, Consultant Paediatrician HoD from Medcare Medical Centers. Dr Wafaa detailed many of the health risks and hazards to babies and young children associated with the soaring temperatures of the summer months. These included:

Pool safety

- ✓ If you have young children with you, make sure you choose a pool with a safety fence around it
- ✓ Give your child swimming lessons from the earliest age possible



- ✓ Keep toys out of the pool when they're not in use
- ✓ Do not allow children with diarrhoea into the pool
- ✓ Do not take your eyes off your child even for a second - that's all it takes to invite a catastrophe

Sun safety

- ✓ Avoid the summer sun from 10am until 4pm
- ✓ When in the sun, seek shade
- ✓ Make your children wear a hat and sunglasses
- ✓ Apply and reapply sunscreen of SPF 20 or higher

Never leave children in cars

- ✓ Even if you are nipping into a shop or busy petrol station, never leave your children sitting in the car, not even for a very short time
- ✓ The temperatures in the summer heat mean that your child could overheat in a matter of minutes

Dehydration

- ✓ Get your children to drink plenty of water all day
- ✓ Give them foods with a high water content, such as chilled watermelon, cucumber sticks and natural fruit juice ice pops

Know sunburn symptoms

- ✓ Your child's skin might become itchy

- ✓ Be alert if your child has red, tender skin or if it's hot to the touch

Understand sun poisoning

- ✓ Your child may feel feverish
- ✓ Blisters may form on their skin
- ✓ Kids can be nauseous or have an upset stomach

Sun stroke symptoms

If your child experiences any of the following symptoms, you must get them to an air conditioned place immediately. Then give them water and a cool shower. Look out for:

- ✓ Heavy sweating
- ✓ Weakness or fainting
- ✓ Cold, pale or clammy skin
- ✓ Nausea or vomiting
- ✓ Muscle cramps

Heat stroke symptoms

If your child experiences any of the following symptoms, you must call the emergency services and immediately take action to cool them off - such as applying towels soaked in cold water and finding an air-conditioned environment. Be aware of:

- ✓ No sweating
- ✓ Throbbing headache
- ✓ Hot, red, dry skin
- ✓ Rapid, strong pulse
- ✓ Nausea or vomiting
- ✓ Loss of consciousness





KEEPING BABIES AND CHILDREN'S SKIN COOL

Caring for a baby and young children can be a challenge at the best of times. But the summer months bring additional challenges in keeping little ones' temperature under control. For this reason, WaterWipes gave a fascinating interview about the ways in which the iconic wipe brand - known for containing only two ingredients (pure water and a drop of fruit acid) - can be used to keep skin cool.

Cooling tips for using WaterWipes

- ✓ Keep a pack of WaterWipes in the fridge to always have a skin-cooling wipe on hand
- ✓ The wipes can be used to wipe around a baby or child's face, neck area, behind the knees, wrists and hands, straight from the fridge, for an instant cool-down
- ✓ Keep a pack of WaterWipes in the freezer and then take them with you in a cool bag to maintain their cooling power when you're out
- ✓ Use the cooled wipes in the car, at the pool and on every trip you take outside with children
- ✓ If your child's bedroom feels too warm, soothe your child's skin with a cool WaterWipe from the fridge when you put them to bed

PRODUCTS FOR EASY TRAVEL DURING THE SUMMER

Whether you're driving to the mall, visiting friends, taking a staycation or going abroad, travelling with a baby can be much harder than it needs to be during the summer months.

The Babyshop Personal Shopping Experts therefore demonstrated some of the most useful products for keeping babies cool in the heat, as well as easy travel solutions that are intelligently designed for mothers on the move. These products included high quality cotton baby sleepwear, known for its kindness to skin and cooling properties.

SPONSORS

This event had a number of wonderful sponsors, whom we were delighted to work with.

Babyshop

Winners of multiple awards every year for their dedication to the needs of mothers and their children, Babyshop was the main

event sponsor. They supported this event by helping mothers to understand the products that help keep babies cool this summer, as well as how to travel safely through the vacation season.

WaterWipes

WaterWipes were created when a first-time father was looking for a baby wipe that was pure and natural, with no chemical irritants for his baby's delicate skin. Finding nothing suitable or pure enough on the market, the WaterWipes brand was born in order to care for baby skin in the most natural way possible - with only pure water and just a drop of natural fruit acid.

Al Ain Farms

One of the country's leading producers of juice and milk drinks, Al Ain Farms has been nourishing families in the UAE for over 40 years and supported this event to remind mums about the importance of hydration throughout the summer!

EVENT PARTNERS

We were thrilled to partner with a number of amazing local businesses to make this event one to remember!

Food and beverage partner: Bounty Beets Restaurant, Le Meridien Mina Seyahi Resort, Dubai

The offerings of popular waterside restaurant, Bounty Beets, include an extensive vegan menu, as well as favourites for other dietary preferences.

Childcare partner: Vice Keepers

Knowing the busy lifestyles and time demands on mothers in Dubai, Vice Keepers provides a number of services that include house cleaning, child care and help with household chores. This service also means that mothers can take all-important time for themselves.

Gift partner: Trucare

Trucare helped to create a wonderful close to the event by providing one of their car seats and a Tommy Tippee feeding set as prizes for winners in the end-of-event prize draw!







PARENTING



Back to school
essentials; nurturing
the ability to make
good decisions; tackling
developmental delays
and more!





HOW TO TRAVEL STRESS-FREE WITH KIDS

Travelling with kids can be a wonderful adventure, and with the right preparation and mindset, it can be a stress-free and enjoyable journey for the entire family.

PARENTING

The thrill of creating lovely family memories and showing children new places is often accompanied by the worry of potential tantrums, restlessness and meltdowns. Whether you're taking to the skies or hitting the road, with careful planning and some useful tips and tricks, you can turn your family trip into a stress-free and enjoyable adventure. Here are our best pearls of wisdom for ensuring a smooth journey with your little ones in tow.

PLAN AHEAD

One of the key factors in having a stress-free trip with kids is thorough planning. Begin by selecting any available extra travel options that cater to families. This might be a fast track or family lane through the airport, an attendant to help you carry your stroller or travel cot onto the plane, or simply an extra suitcase to transport everything you might need.

It can also be beneficial to research local attractions and activities suitable for children along the way, to keep them engaged and entertained throughout the journey if travelling by car or train. Letting kids burn off steam outside the car will make the travel time more bearable, whilst planning a stop at an attraction or a meal on the way to your ultimate destination can break up the monotony of travel for little ones.

PACK WISELY

Packing efficiently is important when travelling with kids. Remembering to pack practical items, such as extra sets of clothing, diapers, wipes, eye masks and snacks can make all the difference. Of course, don't forget about your child's favourite toys, books or gadgets to keep them entertained during the journey. Packing light is ideal in most situations, but when you have kids with you, it's much wiser to ensure you have all the essentials to avoid unnecessary stress during your trip.

CHOOSE CHILD-FRIENDLY TRANSPORT

If you're planning to travel long distances, consider how child-friendly the transport is. Trains and buses with spacious seating and legroom can provide your children with the freedom to move around during the journey. Alternatively, some airlines offer amenities tailored for families, such as pre-boarding and child-friendly meals. Opting for these services can make the trip more comfortable for both you and your kids, cutting down on travel stress.



KEEP SNACKS HANDY

Hungry kids can quickly become cranky kids. To avoid issues in this department, it's wise to carry a variety of snacks that your children enjoy, which will keep their hunger at bay and keep them content during the trip. Consider packing a mix of healthy options, such as cut up fruits, trail mix, granola bars or whole-grain crackers, as well as some occasional treats to make the journey more enjoyable. However, healthy options are better choices, as they provide sustained energy without causing sugar spikes. They also avoid the potential behavioural issues that are more likely to happen when kids experience a sugar crash some time after eating treats.

Having enough snacks on hand can save you from stressful last-minute searches for food options and can prevent any hunger-induced meltdowns along the way. Having familiar snacks

from home can also be really helpful for children in unfamiliar destinations, where the plane food might not be as appealing to young taste buds.

BE FLEXIBLE

While planning your trip, it's smart to create a flexible itinerary. Kids can be unpredictable, and their moods might change throughout the day. Allow for some downtime and flexibility in your schedule to accommodate unexpected detours or spontaneous activities that capture your children's interests. This approach will help maintain a more relaxed atmosphere on holiday and reduce the pressure to stick to a rigid schedule.

PLAN TOGETHER

Involving your children in the travel planning can create a real sense of excitement and

ownership. By letting little ones contribute their ideas for activities to do while travelling or destinations they'd like to visit when they arrive, kids will feel more invested in the journey as a whole, and are more likely to remain cooperative during the trip.

EMBRACE TECHNOLOGY WISELY

While excessive screen time isn't ideal, electronic gadgets can be a lifesaver during long flights or road trips. Load up tablets or smartphones with educational games, movies or interactive books to keep kids entertained. Additionally, technology can help you find kid-friendly restaurants, attractions and emergency services in unfamiliar locations if you're travelling by car.

PREPARE FOR JET LAG

If your trip involves crossing time zones, be prepared for jet lag. It can be helpful to adjust your children's sleep schedule gradually in the days leading up to your holiday and also to encourage them to stay hydrated during the flight. Once you arrive at your destination, spending time outdoors will help reset kids' internal clocks so they get used to the new time zone faster.

ADD EXTRA TIME

Travelling with kids often means that things take longer than they would otherwise. From bathroom breaks, to getting everyone ready in the morning, it's vital to factor in extra time for each activity. Whether you're heading to the airport, train station or embarking on a road trip, leaving earlier than usual will help you manage unexpected delays without feeling rushed. This additional buffer time leads to a smoother start to your journey and minimises stress for the whole family.

AIRPORT MANAGEMENT

Airports can be overwhelming for both children and parents alike. To ease the stress of navigating busy terminals, make sure you have all necessary travel documents, tickets and identification on hand, readily accessible in a well-organised travel wallet. Before reaching the airport, it's best to explain the security procedures to your children to prepare them for the screening process and use family lanes at security checkpoints, where available, to streamline the process.

Lastly, consider packing an extra change of clothes in your carry-on, in case of spills or accidents during the journey.

ENTERTAINMENT

Long journeys can be hard for children, so keeping them entertained is key to avoiding restlessness and boredom. Aim to prepare an entertainment kit beforehand that includes colouring books, crayons, interactive games and puzzles. Audiobooks and kid-friendly podcasts can also be a great way to keep children engaged while travelling. Depending on the mode of transportation, you might also want to create travel-themed scavenger hunts or play interactive games to pass the time.

STAY COMFORTABLE

Keeping your children comfortable during the journey will contribute to a more relaxed

travel experience for everyone. Travel pillows and blankets can help little ones nap during long flights or car rides, and eye masks can help block out light to help this process along. Dressing children in comfortable clothes, suitable for varying temperatures, is important as aeroplanes and vehicles can get chilly. If your journey involves a long-haul flight, consider packing noise-cancelling headphones as well to minimise disruptions and help your kids get some rest.

Travelling with kids can be an exciting, but daunting prospect. Remember to plan ahead, pack wisely, and be prepared for any unexpected situations that may arise - patience and adaptability will be key. With these tips, you can embrace the adventure with less worry, allowing you to share the joy of a family holiday with your little explorers, free of any preventable stress and hassle.



ADDRESSING DEVELOPMENTAL CHALLENGES IN CHILDREN

We spoke to Dr. Zemer Wang, Medical Director at Aviv Clinics Dubai by DP World, about recognising and tackling developmental challenges with the right resources, so you can empower all children to thrive.

Children's development is a diverse and intricate journey, influenced by their environment as well as their various experiences. Some children may experience delays in reaching milestones, such as speaking, walking or social interactions. These challenges are influenced by a variety of genetic, environmental or neurological factors. It's essential to remember that every child's pace is different. Every child is unique, shaped by their genetics, their early interactions, their education and their social surroundings. While some kids may be cognitively ahead early on, others may shine in emotional intelligence or artistic talents later in their development. As parents, it's good to understand these differences and recognise that not all kids reach milestones simultaneously. However, if you feel that your child shows concerning behaviours or seems to be lagging significantly in some areas of development, seeking professional guidance and support is essential.

IDENTIFYING AN ISSUE

Recognising developmental conditions early can make a world of difference in a child's life. Some common conditions include Autism Spectrum Disorder (ASD), Attention Deficit Hyperactivity Disorder (ADHD) and learning disabilities. Watch out for signs such as limited eye contact, delayed language development, difficulty concentrating or challenges in forming friendships. However, keep in mind that only a healthcare professional can provide a formal diagnosis.

THE ROOT CAUSE

Understanding the root cause of your child's developmental issues is hugely important. By delving into the basic cause, doctors can understand whether your little one's challenges stem from genetic factors, neurological conditions that affect brain development, or environmental factors, such as toxins.

Pinpointing the underlying cause is essential for designing the right intervention plan. Developmental issues can have diverse origins and so a targeted and personalised strategy is always best. Developmental delays arise from a wide variety of conditions, either genetic or acquired. In some acquired conditions, interventions focusing on brain stimulation and neural pathways can be very beneficial. If genetic factors play a role, arriving at the exact diagnosis is highly important, as some genetic conditions have specific treatments.

EARLY INTERVENTION

Early intervention services play a critical role in supporting children with developmental challenges. These services are tailored to a child's specific needs and may include speech therapy, occupational therapy, behavioural therapy or special education programs. If you suspect your child may be facing developmental challenges, seeking professional evaluation is essential. Reach out to specialists to discuss your concerns as soon as you can. Early intervention can lead to better outcomes, providing your child with the tools they need to

thrive in their journey ahead, positively impact your child's development and improve their quality of life.

PROPER ASSESSMENT

One of the most challenging problems facing parents is diagnosing and finding the right solutions for their child's development. Getting the correct diagnosis is essential to be able to treat the condition in the most effective and efficient way.

At Aviv Clinics, our team of experts is here to help, starting that process with Aviv's Youth Assessment. The assessment draws on years of evidence-based research by some of the world's foremost medical professionals and scientists. Aviv's Youth Assessment offers an in-depth cognitive and physical assessment to evaluate the issue and offer further advice for a tailored treatment plan moving forward. Our comprehensive assessment also uses advanced brain imaging modalities and extensive blood tests, including genetic testing to identify the root cause of a child's condition and their





birth, like birth hypoxia, which present a wide range of symptoms and challenges that are unique to each individual. A thorough assessment is essential in understanding each child's distinct needs and strengths.

Autism spectrum disorder

For children with autism spectrum disorder, a comprehensive assessment helps identify specific communication difficulties, issues with social interaction, as well as any repetitive behaviours. Understanding children's core struggles and strengths can be used to inform the approach taken by professionals and parents to foster kids' communication, social skills and adaptive behaviours. Early identification and intervention significantly improves autistic children's outcomes, underscoring the importance of timely, insightful assessments.

Cerebral palsy

Similarly, a proper assessment for children with cerebral palsy can shed light on their level

of motor impairment and any related medical issues. This guides the development of a comprehensive treatment plan, incorporating physical therapy, assistive devices and medical management, ultimately maximising children's abilities and overall quality of life. Moreover, these plans also consider children's emotional and psychological wellbeing, identifying helpful coping mechanisms in the hope of addressing any potential mental health concerns.

For parents and caregivers of children with autism spectrum disorder, cerebral palsy or other neurological conditions, the assessment process serves as a roadmap, facilitating access to essential resources and support services. It enables parents to proactively advocate for their child's needs, ensuring they receive the right care and education to foster their growth and development. Ultimately, proper assessment and intervention invests in a brighter future, by paving the way for children with developmental delays to reach their fullest potential, overcoming their unique challenges with determination and courage.

current functional level. The clinic offers a holistic protocol, combining Hyperbaric Oxygen Therapy (HBOT) with tailored cognitive training and specific nutritional guidance to cater to each child's needs. Based on the assessment results, each family is given recommendations as to the best plan of action going forwards.

Timely and accurate interventions are especially critical for neurological disorders and developmental challenges, as the early developmental period provides a crucial window for promoting neuroplasticity and fostering positive developmental changes. By prioritising the right treatment and intervention at the right time, we can nurture the potential of these children and pave the way for brighter futures filled with growth and achievement.

Neurological conditions

This approach is particularly critical for children with neurological conditions, such as traumatic brain injuries and problems during



ADVERTORIAL



BACK TO SCHOOL ADVENTURES: **SHOP THE ULTIMATE COLLECTION AT BABYSHOP!**

With the new school term coming up, we spoke with Babyshop about all they have to offer to make parents' lives easier during this transition back to the classroom.



As the days of fun in the sun breeze by, it's never too early to start planning for the upcoming back-to-school season. We understand that getting ready for the new school year can be a whirlwind of excitement and we're here to make it stress-free and budget-friendly! Look no further than Babyshop, your one-stop destination for all things back-to-school. With our fantastic range of stylish and practical products, we're ready to gear your kids up for their most thrilling school adventures yet!

VALUE PACKS: CONVENIENCE AND SAVINGS

Check out our incredible value packs - these offer complete sets, including backpacks or trolley bags with lunch bags, water bottles and pencil cases. These packs not only ensure your little ones are well equipped for school but also save you the hassle of shopping for each item separately. It's a win-win for parents and kids!

BACKPACKS AND TROLLEY BAGS: LIGHTWEIGHT AND ERGONOMIC

Let your kids showcase their unique style and stand out from the crowd with trendy backpacks and trolley bags from Babyshop. Our school bags are not only designed to impress, but also built to last - so you can rest assured that they'll be by your child's side for the entire school year and beyond. We ensure that our products withstand the rough and tumble of school life. All items also come with a one year warranty, reflecting our supreme confidence in their quality. With adjustable shoulder straps, ergonomic mesh padding to prevent backache, and separate compartments for stationery and laptops, our backpacks offer ultimate comfort and functionality. They are lightweight too, making sure your kids move around with ease throughout the day. Trolley bags feature seven inch wheels, a two-step adjustable handle and the option to wear them as backpacks too. It's a perfect blend of convenience, durability and style!



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We know how much kids love their favourite characters and that's why we offer a diverse range of options from top-notch brands like Juniors, Disney, Marvel and more. Let your kids immerse themselves in the magical world of their favourite heroes, crime fighters, fairy tale princesses and adorable characters. From Batman, Spiderman, Sonic, Naruto, Mickey and Paw Patrol, to Disney Princesses, Frozen, Minnie, LOL, Barbie, Hello Kitty and BT21 - the perfect blend of trendy and playful designs awaits your little one's pick!

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Apart from backpacks and trolley bags, Babyshop has a fantastic collection of essentials to keep your kids set throughout the day. Discover our range of water bottles that come with double-wall, vacuum-sealed technology to keep beverages hot for 12 hours and cold for 24 hours. The lunch boxes and bento boxes are designed with multiple partition tray sets or divided compartments, making it easy to organise meals. Our lunch bags are insulated and padded to control temperature, ensuring that kids' food stays warm or cold as desired.

Back to school shopping just got a lot simpler with Babyshop's fantastic collection. From stylish backpacks and trolley bags, to durable water bottles and lunch essentials, we've got everything your kids need for a fabulous start to the new school year. As a cherry on the top, when you buy any school bag from Babyshop, you get vouchers worth AED 400+ from partners like Burger King, Funcity, E-City, Fitze and Instashop. A win-win for the whole family!

Shop the back-to-school collection at your nearest Babyshop or Babyshop at Centrepont store, or shop online at www.babyshopstores.com and get your kids ready for their learning journey to begin!

FOSTERING STRONG DECISION- MAKING SKILLS

Learning to make well thought out, sensible and effective choices is a crucial life skill. Let's look at how to foster this ability in children.



As parents, we hold the key to shaping our children's future, and one of the most crucial abilities we can instil in them is how to make a good decision. Empowering children with the skills to make thoughtful choices will set them on a path of independence, responsibility and success. Armed with some clever strategies, you should be able to help your children of any age develop their decision-making skills, encouraging them to be responsible and have confidence in themselves.

TODDLERS

The toddler years mark the beginning of a child's journey towards being able to make sound choices. It might seem a little soon for such a big concept, but it's actually beneficial to sow the seeds of independence as early as possible. Here are some approaches you can try:

Real world decision-making

Even at this tender age, toddlers are capable of making small choices. Try to offer your little one age-appropriate options. This could mean choosing between two different toys, two bedtime stories or two different 'tidy-up' tasks. Although these decisions may seem trivial, they teach toddlers that their opinions matter, whilst the act of choosing will build their confidence.

Avoid criticism

It's essential to create a safe environment for toddlers to explore and learn from their decisions. Fear of failure or of making a mistake could hold your child back, especially later in life. Supporting kids in learning from their mistakes will actually grant them really valuable life experience. Protecting children from making mistakes often takes that opportunity to learn away.

If your little one makes a choice that results in a small consequence, like pouring too much water into a glass and spilling it, resist the urge to criticise. Instead, encourage them to clean up the mess and explain the importance of being careful next time.

Controlled choices

It can be useful to give your toddler controlled choices, so they can practise decision-making without getting overwhelmed. For example,



you could offer them two outfits to choose from for the day or ask if they prefer apple slices or grapes for a snack.

What to avoid when giving controlled choices

While offering choices is essential, it's best to avoid open-ended options, as they provide your little one with too much control, which can lead to unnecessary stress or disagreement. Instead of asking, "What do you want to wear today?", try providing two specific outfit options to streamline the decision-making process.

CHILDREN

As children grow, their choices become more complex. It is vital to continue nurturing their abilities in an age-appropriate way, providing guidance as they hone their skill set.

Be a role model

Children learn by watching and copying their parents, so it's important to show kids positive decision-making behaviours. As adults, we are generally so used to making choices that we may not think about the process we go through. Try discussing your thought process aloud when coming to

decisions. Your little one can observe you weighing up the pros and cons or thinking through any alternative options. These examples can give children clues as to how you make good decisions.

When decisions impact children directly, involve them in the discussion. Whether this means choosing extracurricular activities or planning family outings, try to listen to their preferences and reasons, and validate them. These interactions will foster your child's growing sense of agency and responsibility.

To truly support your child in making well-informed decisions, ask open-ended questions and give them the space to express themselves. Let's look at some simple ways to help your child process information effectively.

Weighing the pros and cons

The question "What are the potential outcomes of each option?" is an excellent opportunity to teach your child the art of weighing pros and cons. Rather than rushing into quick judgements, guide them through a brief analysis of the advantages and disadvantages of each choice. These simple conversations can help your little one understand that every decision comes with its own set of consequences and that taking the time to evaluate these can lead to wiser choices.



Acknowledging emotions

Emotions play a significant role in decision-making and discussing them openly can be very useful. When you ask your child, “How do you feel about each choice?”, be open to hearing about their feelings, experiences and thoughts. Creating an emotionally safe space allows them to express any concerns or hesitations they might have, leading to more well-rounded decisions.

Exploring consequences

It’s crucial to encourage your child to consider the possible consequences of their decisions. While discussing both positive and negative outcomes, help them understand that sometimes, risks are worth taking, but with awareness and responsibility. By discussing real-life examples and scenarios, you can illustrate the importance of foresight and how it plays a role in shaping the consequences of their actions.

Identifying patterns

If your child encounters similar challenges due to recurring decision-making patterns, help them recognise these trends. By pinpointing patterns, they can gain a deeper understanding of their decision-making style and make conscious efforts to address any unproductive habits.

TEENAGERS

The teenage years mark a significant transition in a child’s life, usually filled with increasing independence and greater responsibilities. As your teen navigates bigger decisions, equipping them with the right skills becomes even more essential. Here are some ways to tackle this tricky task.

Involvement

At this stage in life, your teen wants to be more independent and to be treated as an emerging adult. To honour this, it can be good

to involve teenagers in family discussions around choices that impact the household. Big or small, inviting your teen to give their input reinforces a sense of responsibility and accountability. It also shows them that their opinions are valued and respected within the family dynamic.

A safety net

While it’s necessary and positive to give your child more autonomy as they go through their teenage years, it’s equally as important to underline the fact that you are always there as a safety net. Knowing they have your support and guidance, even as they make their choices, is very reassuring. This sense of safety from you can actually boost teens’ confidence in making decisions, as they feel that if something goes wrong, you will be there to help.

A balancing act

During your child’s adolescence, it’s important to strike a balance between granting

autonomy and offering guidance. As you give your teen room to make their decisions, also try to be a supportive presence that they can turn to for advice and insights. Open communication is key here, and when your child looks for your input, remember to give consideration of consequences with them. This balanced approach helps teens to develop their skills while benefiting from your life experiences and wisdom.

Taking risks

As teenagers venture into the world of decision-making, they will undoubtedly encounter situations where risks need to be taken. While you might emphasise the importance of making informed choices, it can also be good to encourage teens to engage in calculated risk-taking. Assure them that you are there to support them regardless of the outcome, providing a safety net that fosters the courage to explore new opportunities. By experiencing calculated risks, they will develop their adaptability and resilience, two valuable qualities that will serve them throughout their life.

Learning from mistakes

With bigger decisions, come bigger consequences. Reinforcing the value of learning from mistakes is still very important as a parent. When your teen encounters setbacks or makes decisions that end up with a less than ideal outcome, avoid criticism or the blame game. Instead, try to foster a family environment where mistakes are treated as learning opportunities. Guide your child carefully through the process of reflection, so they can learn lessons from their experiences and avoid repeating the same mistakes again.

OTHER BENEFITS

Developing the skills needed to make good choices throughout childhood sets the stage for several other great qualities to form alongside these skills. These are attributes that will benefit your child significantly, shaping them into a well-rounded, capable individual.

Resilience

When children learn to bounce back from mistakes and setbacks, they cultivate resilience, a fundamental skill for navigating

life's challenges. Resilience empowers kids and teens to view obstacles as opportunities for growth, nurturing their sense of determination and perseverance in the face of adversity.

Critical thinking

Critical thinking is one of the hallmarks of good decision-making. By evaluating all the information, weighing up your options and considering the possible consequences, children enhance their ability to make well-reasoned choices. This is a skill that is invaluable in both academic and real-world settings, one that will help your child to solve problems effectively all their life.

Responsibility and empathy

Grasping the impact our decisions have on ourselves and others is a crucial aspect of being able to make good choices. As children develop a sense of responsibility and start to recognise how their choices may impact those around them, they cultivate empathy. As this grows, they will become more considerate of the consequences of their actions, a trait that will allow them to forge stronger

relationships in life and act with a developed sense of compassion.

Confidence

Good decision-making instils a sense of self-assurance in children. When they trust their judgement and capabilities, they become more willing to take on challenges and explore new opportunities. Confidence paves the way for personal growth and enables them to embrace their individuality, something that will serve them well throughout life.

Helping children develop decision-making skills is an invaluable gift to give as parents. By providing the scaffolding needed for little ones to feel confident about making choices, we shape our children into self-assured, responsible individuals, capable of navigating life's challenges. As kids progress through each stage of development, toddlers, children and teens will learn to make choices that align with their values and goals, ultimately preparing them for the complexities of adulthood. Using the tools laid out in this article, you should be better able to equip your children to become successful and thoughtful decision-makers in their own right.



EDUCATION



This month's education section is dedicated to preparing your child for their first day of school!





PREPARING YOUR CHILD FOR THE FIRST DAY OF SCHOOL

Starting school is an exciting time for little ones but it can also be worrisome. Here we look at how you can prepare your child for school and dissolve their fears!

The day your child sets off for school for the very first time is a momentous occasion. It's natural for both you and your little one to feel a whole range of emotions in the build up to this special day. There are plenty of things that you can do to prepare yourselves, drum up excitement and dismantle any nerves.

EVERY CHILD IS UNIQUE

Particularly in the early years, the developmental stage of little ones can vary widely from child to child. This is usually not cause for concern, as everyone learns in their own way and grows different skills at different rates and times. When the first day of school comes around, some children will be able to read, count and perhaps even write a little bit. Others may not have any of these skills yet and that's completely fine. Their new teacher will have the ability to help all children progress, no matter their starting point.

One of the primary goals of these early years is to help your child to develop a happy relationship with school and learning. Any comparisons or competitiveness between children (or parents!) should ideally be kept to a minimum, to allow all children to flourish in this exciting new arena.

POSITIVE ATTITUDE

In order for your child to develop and maintain a healthy relationship with school, a positive attitude is key. Young children, in particular, mirror a lot of their emotions on what they see in their parents. If you react negatively to something, they are likely to begin reacting in the same way. With this



in mind, it's always good to speak about school and learning in a positive manner. Regardless of any potential negative experiences you had during your school years, try to present this new chapter of your child's life as an exciting, hopeful and happy one.

Encourage your little one to put their best foot forward by framing any nerves they may be feeling as excitement. If they express fear about a certain aspect of school, talk through it with them and try to show them that they will be okay. Then turn the focus to something that they are sure to enjoy, such as play time or spending time with one of their friends.

PRACTICE MAKES PERFECT

Trial runs are one of the very best ways to help your child get ready for starting school. Running through all of the routines that are going to make up their school day will take the mystery out of the situation and, therefore will remove most of the fear. Try building their sleep routine well in advance

so that they're used to waking up at the right time for school. In the weeks leading up to school, you can also take them on a practice version of the school run a few times.

Planning out their day in a structured way that will be somewhat similar to a school day, including lunch times, can help to set your little one up for what's to come. You know your child best, so you may already have a good idea of what part of starting school they're most worried about. Practice makes perfect and lots of encouragement will enable your child to step through the school gates with as little fear as possible!

BUILDING INDEPENDENCE

Perhaps the biggest fear that strikes children once the classroom door closes behind them is that they're all alone. Yes, there is a teacher and a number of classmates but there is little comfort in these unfamiliar faces! Asking a stranger for help can be a frightening prospect for a young child. Instilling a sense of

independence within them will grow their confidence in these understandably uncomfortable situations.

If your little one feels confident that they can handle some of the tasks ahead, they're much more likely to enjoy themselves. Three of the top things to address are: going to the bathroom alone, feeding themselves and changing their clothes (for PE or other extracurricular activities). Once your children are happy to take on these challenges independently, there is a lot less to fear about the first school day.

THE FIRST MONTH

Once the first day is out of the way, that doesn't necessarily mean an end to the need to support your child in these ways. School is an ongoing, changeable process and will certainly bring about a difficult day for your little one, every so often. Stay in tune with how they feel and how they're navigating this exciting new phase of their life.

As well as keeping on top of how your child is handling everything, try to build relationships with the new people in their life. That extends to their teacher, the parents of other children in the class and perhaps even their fellow classmates. This will have a few major effects. You will gain a deeper understanding of the social dynamics at play in your child's day. You'll also develop a rapport with lots of the other adults, which can result in a strong support network for everyone. A good relationship with your child's teacher is crucial, so that they understand your child's needs. This can also act as a bridge between you and your child while they're away all day. Should anything happen in school that you need to be made aware of, or should you wish to get a message to your little one, their teacher can become a reliable point of contact for you and your child.

ALL SET!

Heading off to school for the first time can be a wonderful experience for children, once they're suitably prepared. Nerves are a healthy part of the process - this is a huge change after all! With these tips, you'll hopefully have a better idea of how to set your child up for success as they embark on this new adventure.

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SCHOOL & FAMILY BREAKS



For August, we look
at family-friendly
island destinations
and the perfect luxury
staycation with kids!



THE ULTIMATE KIDS' PARADISE STAYCATION

In this article, we look at a brilliantly child-friendly option if you're thinking of taking your family to a luxury hotel, right here in the UAE.

One of the world's fastest-growing luxury hotel chains, Rixos specialises in sumptuous all-inclusive holidays. The 'All Inclusive All Exclusive Rixos Experience' is designed for you and your family to discover a new sense of freedom and a world of possibilities through an endless stream of award-winning global cuisines, stylish accommodation, energetic entertainment, fun-packed activities and an exemplary display of Turkish hospitality.

RIXOS BAB AL BAHR

Rixos Bab Al Bahr, the stunning beach resort in Ras Al Khaimah, is the go-to family destination for unforgettable adventures and cherished memories. Situated on the pristine white sands of Marjan Island, Rixos Bab Al Bahr has a beautiful beach, stylish rooms, upscale restaurants, breath-taking views and all the amenities you would expect from a five-star beach resort here in the UAE. A resort with a difference, everything is inclusive, from nightly kids shows, dance shows, live bands, a brilliant kids club, a gorgeous spa, daily fitness classes, recreational activities and a kaleidoscope of international cuisine. This is a perfect destination for families looking to relax and keep their younger members entertained.

THE RIXY KIDS CLUB

With the renowned Rixy Kids Club at its heart, the resort offers many exciting activities and amenities tailored exclusively for children. Rixos Bab Al Bahr recognises the importance of maintaining an exhilarating environment for their young guests, allowing parents to relax and unwind. In contrast, little ones are encouraged to embark on the thrilling adventures that the resort offers. The Rixy

Kids Club has a huge range of events on offer, designed to captivate and engage children aged between 4 and 17 years.

Activities

Children can immerse themselves in the dedicated kids' pool, ensuring aquatic fun in a safe environment. The aqua pool beckons with its water slides and interactive features, guaranteeing hours of laughter and delight. Interactive cooking classes will unleash your little one's inner chef, while arts and crafts sessions foster creativity, allowing kids to explore their imagination and create unique masterpieces. The resort also offers mesmerising child-friendly shows, treasure hunts, musical games, an electrifying disco for little ones and fun-filled fitness classes to promote an active and healthy lifestyle.

Teens

Teenagers also need entertainment and a dedicated area provides lots of exciting activities to keep them (and you!) happy. The area is called the 'Teens' Republic' and is suitable for anyone aged between 10 and 17 years. It includes a PlayStation, a pool table, table soccer and multiple games such as chess, checkers, Jenga and UNO, as well as daily tournaments where older kids can meet people of their own age.

These are just a few highlights of the remarkable experiences that await families at Rixy Kids' Club and the Teens' Republic at Rixos Bab Al Bahr. The resort promises a holistic experience for families with a wide range of activities that cater specifically to children.

If this sounds good to you, visit www.rixos.com/en/hotel-resort/rixos-bab-al-bahr for more information or to book your stay.

BEAUTIFUL ISLAND DESTINATIONS FOR FAMILIES

From tropical paradises and white sand beaches to stunning cliff-top retreats and private island extravagance, Jumeirah's hotels and resorts offer stylish summer retreats for all the family.



Whether you're seeking the perfect destination for family time, fun with friends or a romantic escape away from the kids with your other half, Jumeirah Hotels and Resorts have a number of beautiful island locations to provide you with a captivating getaway this summer, and beyond.

A TROPICAL ISLAND EXPERIENCE

Tucked away in the crystalline turquoise waters of the Maldives, Jumeirah Maldives Olhahali Island is located in the North Malé Atoll, easily reached by speedboat or seaplane from Malé Airport. The stunning all-villa resort features a selection of one, two and three bedroom beach and over-water villas, all of which boast private infinity pools and large roof-top terraces.

The resort is home to two incredible restaurants, Kayto and Shimmers, and is an idyllic location for romantic getaways or a blissful tropical retreat for the whole family. There are a plethora of activities on offer -

adventurous water sports above and below the waves, beach volleyball, tennis, a waterpark and an outdoor cinema to name but a few! You won't be short of ideas on how to keep family members of all ages well entertained. Additionally, the globally renowned Talise Spa offers unfettered access to wellness and relaxation, with a range of therapeutic and re-energising treatments that are sure to leave your family glowing.

In addition to 15% savings and USD \$100 resort credit, Jumeirah Maldives Olhahali Island is offering complimentary transfers for stays of five nights or more and free stays for two children under twelve for bookings made before September 30th.

ESCAPING IT ALL

Located in the Uluwatu region of Bali and perched atop limestone cliffs, Jumeirah Bali was designed as a poetic tribute to the lost Majapahit Empire. Inspired by Hindu-Javanese culture, the resort provides a



breath-taking destination for families seeking to reconnect and find inner balance. All villas feature a private pool and outdoor living area overlooking the sunset horizon or landscaped tropical garden, allowing you and your loved ones to soak up the resort's stunning natural surroundings. Don't forget to unwind with an on-site spa day, which features the only hammam on the island and a range of treatments based on authentic Javanese healing traditions.

As part of the 'Summer Escapes Offer', you can enjoy complimentary daily breakfast for two adults, and complimentary activities, including yoga and meditation. Families staying in a two bedroom villa will also receive USD \$200 resort credit.

MEDITERRANEAN LIVING

Laying between the UNESCO World Heritage site of the Tramuntana Mountains and the Mediterranean Sea, the award-winning Mallorcan clifftop retreat, Jumeirah Port Soller Hotel & Spa, brings Jumeirah's signature service and level of experience to the alluring Spanish island.

Providing the best in Balearic living, the resort has been updated for 2023 to unveil a new category of rooms - the "Junior Suite Grand Terrace", offering endless views of the shimmering Mediterranean Sea. It also boasts its stunning Sunset Lounge, the most exclusive spot on the island for your family to witness the magical Mediterranean sunset and panoramic vistas over the Mediterranean Sea.

With a 15% discount on all stays, your family can also avail of €200 resort credit per stay for rooms and €350 spa and resort credit per stay for Junior Suites and Signature Suites.

ENJOY LA DOLCE VITA

Peacefully nestled in Anacapri, the most authentic and exclusive part of the island of Capri, Capri Palace Jumeirah is the embodiment of the Italian 'La Dolce Vita'. It offers your family a stunning retreat surrounded by the natural beauty of the Italian Riviera. A passion for contemporary art and design can be found throughout the retreat, which hosts The White Museum, a private collection of contemporary works dispersed throughout the hotel.

Foodies can indulge in some of the finest dining on the island, as the resort boasts the only two Michelin-starred restaurants on Capri,

L'Olivo and Il Riccio Restaurant & Beach Club, known for having the most beautiful terrace on the island. Newly opened for 2023, Capri Palace Jumeirah is also welcoming families to discover contemporary izakaya cuisine at Zuma Capri, the latest dining experience to open on the island.

Meanwhile, those seeking the ultimate wellness experience can also enjoy an array of patented therapies at Capri Medical Spa, basking in the expertise of one of Europe's most highly renowned health and beauty centres.

This summer, guests can also enjoy up to 15% off on bookings plus complimentary daily breakfast at L'Olivo.

A LUXURY STAYCATION

Sitting on its own private island and accessible only via its bridge or helicopter pad, Burj Al Arab Jumeirah is Dubai's most iconic hotel. Synonymous with luxury Arabian hospitality, your loved ones can experience the ultimate getaway in one of the hotel's lavish duplex suites, unwind in temperature-controlled pools and enjoy the gentle afternoon breeze on The Terrace. Alternatively, your family can relax with a signature wellness treatment at the opulent Talise Spa, perched 150 metres above the Arabian Gulf, or embark on a gastronomic journey across the hotel's world-class restaurants and lounges, each offering a unique culinary concept. Michelin-starred flavours can be savoured at Al Muntaha with a delectable lunch set menu, its new 'Château d'Yquem' wine pairing tasting menu, or even the latest mouth-watering 'Dégustation de Fromage' cheese tasting menu.

Enjoy up to 20% off the Jumeirah Flexible Rate and USD \$100 resort credit when staying three nights or more.

These picturesque destinations offer the perfect backdrop for a wonderful family trip this summer and beyond! From a luxury staycation in Dubai, to the beauty of the Italian Riviera, the laid back Mediterranean coast, a tropical oasis or a Javanese escape, there is something here to suit every family, promising quality time, exquisite service and beautiful scenery. So get your suitcases out, gather your loved ones and go for it!

To find out more about all of these incredible family getaways with Jumeirah Hotels and Resorts, visit, www.jumeirah.com/en/offers/global-offers/jumeirah-summer-escapes.



HOME & GARDEN



How to get your little one's bedroom just right and ways to embrace the 'less is more' approach at home!

CREATING AN INSPIRING BEDROOM FOR YOUR CHILD

This month, we spoke to Sulin Sugathan, President and Director of Retail at Royal Furniture, about designing your child's bedroom to set them up for success!



A child's bedroom is not just a place to sleep; it's their sanctuary, a space where dreams take flight. As parents, we strive to give children an environment that promotes restful sleep, fuels their imagination and nurtures their creativity. Below are five ways to create a lovely, inspiring space for your child.

COLOUR

The colours in your child's bedroom can significantly impact their mood. It's good to opt for soothing shades, like soft blues, gentle greens and lavenders, to create a tranquil atmosphere that promotes relaxation. These colours are known to facilitate restful sleep, but don't shy away from injecting vibrant hues into the room as accent colours, as these can ignite children's imagination.

COMFORT

The centrepiece of any bedroom is the bed. When it comes to your child's sleep quality, comfort is essential. Invest in a high-quality mattress to



ensure restorative sleep and consider soft, hypoallergenic bedding made from natural fibres for a comfortable and healthy environment. Adding a dreamy, colourful bed canopy creates a cosy nook where your child can retreat and feel safe.

AMBIENCE

Lighting plays a crucial role in setting the mood and ambience of your child's bedroom. Incorporating different lighting options will cater to their different needs and activities. A dimmable overhead light is great for general illumination during playtime or reading, but also consider adding a bedside lamp for a soft,



warm glow that creates a calm atmosphere before bedtime. Additionally, fairy lights or a constellation projector can transform the ceiling into a starry night sky, sparking your child's imagination and turning their room into a magical wonderland.

PLAYTIME

A dream bedroom should inspire your child's creativity and provide ample space for play. A dedicated corner or an area where they can explore their hobbies and interests is helpful. Setting up a small art station with a drawing table and supplies, and a bulletin board to display their masterpieces, encourages kids

to make art. By installing shelves filled with their favourite books and toys, you allow them to dive into imaginative play. Making these dedicated spaces empowers your child to explore their passions, cultivating their creativity.

PERSONALISATION

A child's bedroom should ideally reflect their unique personality and interests, so it's always better if they have a say in the design process, incorporating elements that speak to their aspirations. Whether it's a wall adorned with their artwork, a gallery of photographs of their favourite memories, or a themed décor inspired by their favourite story or hobby, personalisation adds a touch of familiarity and makes the space their own.

Designing the right bedroom for your child goes beyond aesthetics; it's about creating a space that nurtures their dreams, fuels their imagination and promotes a good night's sleep. You can create a haven for them using colour, textiles, lighting and honouring their creative side. Remember, a well-designed dream bedroom is not just a place to sleep, but a sanctuary where your child can blossom.

EMBRACING MINIMALISM: DECLUTTERING YOUR HOME

We spoke with Alyssa Mariano, co-founder and CEO of Bazaara, an app for buying and selling preloved clothing and goods. She outlines the benefits of decluttering before a move, and how minimalism can benefit you.



Moving homes can be an exciting yet challenging experience. As a transient country, the UAE attracts a diverse population, and with that comes the need to adapt and organise our lives accordingly. One action that can help is decluttering. By embracing minimalism and using second-hand fashion apps, you can streamline your moving process, reduce clutter and even make some money. Of course, your journey to a decluttered life may be fraught with internal and external battles, emotions and many big black trash bags, but it's worth it for the peace of mind that it brings!

WHAT IS MINIMALISM?

While this ideology is currently enjoying its moment in the limelight, minimalism isn't a new concept. In fact, the work of Henry David

Thoreau explored self-sufficient living in the 1800s. Broadly described as 'a practice of awareness and intention about your belongings, time and energy,' the idea has its roots in religious and spiritual practices, but garnered wider attention and appeal in the 1950s and 60s, as the minimalist art and music movements took hold.

A SMOOTH MOVE

Moving homes is a great opportunity to look through your belongings and prioritise what truly matters. Minimising the items you carry with you when you move home or country saves time, effort and money, whilst decluttering before a move allows you to focus on the essentials, making packing and unpacking a much smoother process. We all know people who move with lots of old paperwork, clothes and other unused things,

that then simply get pushed into a cupboard or storage space, never to be touched until they move again. Don't be that person!

A FRESH START

Moving homes can be a fresh start. Let go of items that no longer serve you, whether they're outdated, broken or simply no longer align with your lifestyle. Create three separate piles - recycle, donate and throw. Even things you plan to throw away might be useful to someone though, so declutter mindfully. Once you've created those piles, deal with them quickly, otherwise your declutter simply leads to more clutter! Embracing minimalism allows you to create a living space that reflects your current tastes, interests and goals. As you settle into your new home, you can start with a clean slate and surround yourself only with possessions that make you happy. What could be better?

EMBRACE ETHICS

In recent years, the importance of ethical consumption and sustainability has gained momentum. Parting ways with items you no longer need is an eco-friendly choice. Instead of letting your unwanted belongings end up in a landfill, consider selling or donating them to give them a second life. This promotes the reuse and recycling of goods, contributing to a more sustainable future, and it also makes you feel good. Moving your mind away from seeking happiness through buying things is a great leap towards mental freedom. Materialism is also associated with low self-esteem, based on the incorrect assumption that buying things makes us feel good. Most of us already know the feeling of a post-shopping 'come down' as dissatisfaction creeps back in - so why not avoid the cycle altogether?

APP HAPPY

When decluttering your wardrobe, you may come across clothes that no longer fit, suit your style, or are simply waiting to be worn again - a scenario which often never happens. Instead of just throwing them away, consider using a second-hand fashion app to sell them. Platforms such as Bazaara allow you to sell your gently used clothes to interested buyers. By selling your items through these apps, you not only reduce clutter but potentially earn extra money, which you could put towards your moving costs or towards investing in new wardrobe pieces.



THE LOVELY LOOP

The UAE has seen rising interest in the circular economy movement, which aims to reduce waste and maximise the value of resources. By taking part in the second-hand fashion market, you become part of this sustainable cycle. Someone else can enjoy and cherish the items you no longer need, while you can explore pre-loved fashion pieces from other sellers. Could there be an easier way to contribute to a more sustainable and environmentally conscious society? Author John Powell put it perfectly when he said "To live fully, we must learn to use things and love people, and not love things and use people." With this in mind, let's look at five easy ways to become more minimalist.

Reconsider

Adopt a three-month rule. If anything in your life hasn't been used for three months, reconsider if you need it.

Cut back

Pare down your wardrobe. Look for clothes with eternal appeal - even better if it's thrifted. You can do so via apps like Bazaara. A minimalist might not be into fast fashion, but style is timeless.

Tie-in with technology

Those born this century are the first generation who can live without physical items like books, movies and music. Those shelves heaving with DVDs are a thing of the past. Keep your lifelong favourites, but re-consider keeping those things you never read, watch or listen to.

Small bites

One week, one drawer. We all know sorting out our belongings is very much a 'must be in the mood' thing to do. So why not approach it gently, and task yourself with clearing out the contents of one drawer, cupboard or shelf each week?

Gift-giving

Give it up, give it away. It doesn't take science to remind us that giving makes us feel better than receiving, so enjoy double the benefits of decluttering by offering your unwanted items to family, friends and local charities. You could always sell your unwanted items, too - and use the proceeds to pursue a new experience or course.

With these tips in mind, you should be able to pivot towards minimalism in no time, making your next move, or even just your everyday environment, that much smoother and less cluttered!

GOOD LIVING



Beautiful clothing for your kids; a powerful new anti-ageing range and some exciting competitions!



Whether your kids need a new beach outfit, an easy way to get back-to-school ready or simply to be treated to a new summer look, here are my kids fashion picks for August.



EMBRACE THE SUN WITH MARKS & SPENCER

Summer is in full swing! When it comes to kids, warmer weather calls for colourful sundresses in easy-breezy fabrics and lightweight cotton garments that are just as great for the park as they are for the seaside. This collection is made from clever materials, including special sun-safe fabric, providing 50+ UPF protection, quick drying and chlorine resistance - so your little ones are set to enjoy the sunshine.

Shop holiday essentials in-store or online at www.marksandspencerme.com

GET BACK-TO-SCHOOL READY WITH CHEEKEE MUNKEE

Back-to-school shopping can be quite stressful for parents. Everyone wants their kids to look great, but it can be frustrating to spend on outfits that they'll grow out of in a few months, or even weeks! I'd love to draw your attention to the homegrown kidswear brand, Cheekee Munkee, whose latest collection features on-trend outfits and accessories that are easy on your pocket, while keeping little ones comfy and stylish.

Girls

For your mini fashionista, explore their range of floral summer dresses, Barbie-approved tutu skirts and matching sets, as well as gorgeous swimsuits, crafted with girly glitter ruffles and ice cream prints.

Boys

Create picture-perfect looks for your little boy with elevated everyday tees in fun and playful prints, bright shorts and vibrant two-piece sets. Cheekee Munkee's swimwear includes bold colours and patterns, while ensuring children are protected from harmful UV rays.



School

Complete your back-to-school shopping with Cheekee Munkee's backpacks and lunch bags that are designed to be both stylish, interactive and practical. Fun and easy to use, these could be exactly what you need to put some pep in your child's step for their first day of school!

Shop Cheekee Munkee at selected Debenhams and Mothercare stores in the UAE, or shop online at Debenhams, Mothercare and Namshi.

ECO-FRIENDLY LUXURY WITH MYKO KIDS



As parents, you always want the best for your little ones. In my fashion picks for August, I wanted to tell you about Myko Kids, an interesting new babywear line. It offers you a handmade collection that is luxuriously soft, thermoregulating, hypoallergenic, antibacterial and breathable. With plenty of adorable outfits and accessories, the Myko Kids philosophy is to make certified

organic, sustainable and eco-friendly baby clothing truly accessible to all parents. They offer elegant, handmade garments that are super soft against your child's delicate skin. Comfort is key, with all pieces in the collection being cosy and snug for babies and toddlers, allowing them to both play and sleep with ease. In addition, the materials used have been chosen to offer only a positive impact on your child's wellbeing, with custom-made fabrics that have been carefully selected and made for Myko Kids.

These garments are guaranteed to delight parents looking for an effortlessly luxurious and thoughtfully curated range of clothing that is practical, of premium quality and super stylish for the little people in our lives.

For more information or to shop online, visit www.mykokids.com.



INCLUSIVE NEW RANGE FROM LIHT ORGANICS

The leading advocates of organic and natural makeup, Liht Organics, have unveiled their latest hybrid beauty products, featuring an impressive range of eye shadows, brow powders and pressed foundations that are all about inclusivity and sustainability. This range sets a new standard for organic and vegan makeup with its breathtaking 23 shades of eye shadows, brow powders, and pressed foundation, carefully curated to cater to every individual's unique style and skin tone, as well as genuinely care for the skin from deep within. Skin-friendly ingredients are at the heart of these formulations and promise dewy-fresh and weightless looks all day round. Priced at AED 275 for foundations, AED 98 for brow powders and AED 98 for eye shadows, the thoroughly tested powder-based formulas stand strong in humid weather conditions, ensuring you look fabulous no matter what the day brings.

The range is available at all FACES stores and online at www.lihtorganics.ae.

SAY HELLO TO YOUR MOST YOUTHFUL SKIN

Neutrogena, the leading name in innovative skincare, has launched the Neutrogena Retinol Boost Range, a powerful new anti-ageing line of products! Introducing a formula that is backed by dermatologists, the range offers impactful results with its Serum, Eye Cream, Day Cream with SPF15 and Night Cream.

Designed specifically for the face and neck, this exciting range was formulated to help diminish five signs of skin ageing, by stimulating your skin cell surface renewal, enabling better elastin synthesis and increasing your collagen production. Powered by over 25 years of retinol innovation and over 100 advanced scientific studies in partnership with the board of certified dermatologists, the new range unleashes the full potential of retinol, the gold standard ingredient in anti-ageing skincare.

Ingredients

The unique formula combines pure retinol with the benefits of Myrtus leaf extract, which is scientifically proven to boost your retinoid absorption by an astounding five times, compared to products featuring pure retinol alone. The range also incorporates Hyaluronic Acid, one of skincare's most coveted skin plumping ingredients, helpful for regaining your skin's moisture and youthful suppleness.

Who is it for?

The Neutrogena Retinol Boost Range promises an efficient and comprehensive skincare regimen for all retinol users, from beginners to experts. The Retinol Boost Day Cream with SPF 15, Night Cream

and Serum are suitable for all skin types, while the Retinol Boost Eye Cream was specifically designed for the skin around the delicate eye area. The products are recommended to be gradually introduced as part of any skincare routine, to build your tolerance towards retinol.

With the Retinol Boost Range, Neutrogena once again proves its commitment to delivering skincare solutions that empower women to embrace their natural beauty and the skin's true potential.

The Neutrogena Retinol Boost Range is now available at Amazon and Carrefour.



COMPETITIONS

motherbabychild.com/competitions

WIN! A TOMMEE TIPPEE SINGLE ELECTRIC BREAST PUMP, WORTH AED 699



Tommee Tippee is a 50-year-old renowned baby care brand that caters to the needs of both babies and moms. Their product range includes bottles, nappy bins and breast pumps. They are giving away their most loved Tommee Tippee - a

single electric breast pump - to one lucky winner. With a mission to make parenting easier, Tommee Tippee offers a broad array of products. From their iconic 'Closer to Nature' bottles, designed to mimic breastfeeding, to their unique wearable breast pumps, every product is crafted with the utmost consideration. Tommee Tippee ensures that each item not only meets the highest safety standards but also fosters a strong bond between mums and their little ones.

WIN! A VOUCHER FOR CHEEKEE MUNKEE'S BACK-TO-SCHOOL COLLECTION, WORTH AED 500



Homegrown kidswear brand, Cheekie Munkee is here to make your back-to-school shopping easier, offering one lucky reader a voucher worth AED 500 to spend on their fun, comfy and playful range of clothing and accessories for kids aged 0 to 7 years old. Featuring on-trend outfits, swimwear and backpacks that are easy on your pocket, the range includes floral summer dresses, tutu skirts

and matching sets for girls, with graphic tees, vibrant basics and printed shorts for your little man. Complete your back-to-school shopping with Cheekie Munkee's backpacks and lunch bags that are designed to be both stylish, interactive and practical.

WIN! AN AFTERNOON TEA FOR TWO AT CAESARS PALACE DUBAI, WORTH AED 600



The Lounge at Caesars Palace Dubai offers a refined sanctuary with personalised service, Avantcha teas and exquisite pastries! Guests can enjoy the afternoon tea ritual from 2pm to 5pm, starting with an organic rooibos tea mocktail. The curated tea selection includes Caesars Bergamotto Verde and Caesars Silk Road. Alongside the teas are smoked salmon, coronation chicken, cucumber and organic egg sandwiches, followed by plain and raisin

scones with various homemade jams and Cornish clotted cream, and a selection of delectable French pastries. Delicious!

WIN! A VOUCHER FROM YA OMRI SWIMWEAR, WORTH AED 500



Female-founded, local swimwear brand, Ya Omri Swimwear is offering a voucher worth AED 500 for their collection of versatile pieces, known for their impeccable fit on all shapes and sizes, and endless styling options. Synonymous for its one-piece designs, exquisite craftsmanship and attention to detail, the brand has just unveiled its 'Sunset Mirage' collection. Featuring standout pieces in sunset-inspired hues and an enchanting beach Cover-Up

Dress, the styles exude elegance and poise. Don't miss their pink flamingo swimsuit, a halter neck one-piece that offers a multi-way style, allowing women to embrace their personality. A luxe and sustainable brand, Ya Omri Swimwear is perfect for weekend jaunts to the beach, glam pool parties and everything in between!

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 VOUCHER FROM KOITA MILK, WORTH AED 500



The homegrown brand Koita is obsessed with bringing you the cleanest tasting organic and hormone-free milk for the safety and health of you and your loved ones. Koita milks do not contain any added hormones, antibiotics, pesticides, artificial flavours, colours, preservatives or genetically engineered (GMO) ingredients.

The Koita range has plenty of choices for the busy household getting ready for back to school. Their 1 litre options are great for home, while the 200ml are perfect for school lunches, snacks and trips. Believe in eating good food because when you eat well you feel well.

WIN! A HAMPER FROM ZOFLORA, WORTH AED 500



Zoflora is one of the leading concentrated disinfectants. Offering multi-purpose products to hygienically clean your home and kill 99.9% of bacteria and germs, they

also ensure your home smells heavenly, with powerful long-lasting fragrances. These products keep your home hygienic with just a quick and easy clean, removing unwanted odours to create a nice refreshing feel. Zoflora has now extended its range and has added a new disinfectant mist and sprays that can be used on any hard or soft surfaces - the perfect formula for a spotless home!

WIN! 5 PACKAGES FROM GLITCH, WORTH AED 600



To celebrate the launch of Dubai's newest entertainment centre, GLITCH, they are giving away five complementary extraordinary packages for you, your friends and family to enjoy. GLITCH is

the region's newest indoor theme park, located at Al Ghurair Centre. The region's hottest new entertainment facility offers a host of activities, like Newton's Wall, a challenging climbing experience, Kazu's warrior courses for ninja enthusiasts and SkySurf, Dubai's only indoor roller glider. It also features GamePort Arcade which features a mix of nostalgic video games and cutting-edge VR experiences. GLITCH is also home to BeastBowl, an eight-lane bowling centre with state-of-the-art automated scoring from Brunswick. GLITCH is suitable for children aged four years and up.

WIN! A FAMILY STAYCATION AT BARCELO RESIDENCES DUBAI MARINA, WORTH AED 600



Win a stay in a two-bedroom deluxe apartment with a spectacular view at Barcelo Residences Dubai Marina! One lucky winner will also receive the exclusive Barcelo Privilege Card, which provides discounts

and access to a wide range of premium services in the area. Enjoy discounted rates at restaurants, fitness spaces, salons, water sports activities and other exciting attractions. This card unlocks a host of exceptional benefits, allowing the winner to indulge in a truly unforgettable stay. Take a dip in the refreshing pool, relax in style and stay active in their fully equipped fitness studio. Don't miss out on this incredible opportunity to win a dream stay and create lasting memories as a family at Barcelo Residences Dubai Marina.

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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