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Mother Baby & Child

HELPING
YOUR CHILD
TO MAKE
FRIENDS

GOOD
HOMEWORK
HABITS

TEN BOOKS
FOR YOUNG
READERS

CHOOSING
THE RIGHT
NURSERY

PREVENTING
OBESITY
IN KIDS

**RAISING
CONFIDENT
GIRLS**



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EDITOR'S LETTER

Hello Mum!

As a girl, I can remember that the summer break seemed to stretch on forever and ever... until that first day of term, which always felt like a rude awakening! Of course, from a mother's point of view things look very different and you'll notice the change to your child's habits, focus and schedule. Going back to the classroom is full of transitions, new people and new routines. Sometimes kids need a helping hand to make sure they adapt smoothly. With this in mind, we've carried a useful article on page 23 all about the best ways to help your little one make friends - a very important piece of the puzzle when it comes to feeling well-adjusted in the classroom!



On page 24, you'll find an interesting piece which looks at the reasons why your child may behave perfectly at school but often have meltdowns when they come home. Many parents I've spoken to believe these behaviours are the result of something they've missed in their parenting, but this is actually not the case at all. Make sure to take a read, as the root cause is not what you might think, and you'll find some good pointers on how to work with your child to resolve these issues. Continuing with all things back to school, on page 33 we look at some helpful strategies you can use to encourage your little one to form a consistent homework habit. A healthy relationship to learning at home is a vital part of kids' academic success, and it's especially important at the start of a new school term!

September is Childhood Obesity Awareness month. There's a must-read piece on page 18 that will help you better understand the growing problem of obesity in children, along with the ways you can create a healthier lifestyle as a family, to help your child avoid or reverse this serious condition.

Elsewhere in the magazine, we've included a fascinating article that talks through how to raise a confident daughter, something that's incredibly important in this world. Boys are traditionally encouraged to take more risks, fail more easily and build self-assurance quicker than girls. The importance of instilling confidence in girls from a young age lies in how it allows them to develop their resilience, self-worth and self-esteem to the same degree as boys. Confidence is an advantage to children of all ages and there are some simple steps you can take to give your daughter this wonderful gift! Check it out on page 26.

This month, we spill the secrets to strengthening your skin barrier (page 45), while the Editor's Picks (page 48) include a gorgeous moisturising cream that makes you glow, as well as a selection of the most cooling beauty products for your hair, skin and bathtime pampering! There's lots more for you to discover in this issue, and I wish you a smooth back-to-school month!

Happy reading!

Ella

Editor

Mother, Baby & Child Magazine

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Editor's PICK

PERUVIAN-JAPANESE CUISINE WITH A VIEW

I'm delighted to let you know about Above Eleven - a perfect spot for a tasty meal. The rooftop restaurant on Palm Jumeirah brings jaw-dropping views of the city's shimmering skyline, the iconic Arabian Gulf and the record-breaking Ain Dubai Ferris wheel. That's quite the backdrop!

The dishes and décor are on point and the sensational flavours of Peruvian-Japanese dishes are sure to grab your attention. Amongst them are hamachi truffle ponzu, arroz con pato made with boneless duck leg confit, red snapper a lo macho, and the signature Patagonian toothfish that sits on a bed of creamy mashed potatoes. Don't miss out on the chance to savour this distinctive cuisine!

With a line-up of live entertainment throughout the week, including a DJ and a flautist, I recommend you treat yourself and your family to a special evening of Nikkei fare, while enjoying front-row seats to Dubai's breathtaking silhouette.

*For bookings and more information, visit
www.aboveeleven.com/dubai*



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A DREAMY CELEBRATION OF ELEGANCE AND GLAMOUR

Let me introduce you to Flowwow, an online gift marketplace that launched in the region this year. Flowwow simplifies the process of gift-giving and helps you surprise your loved ones with flowers, delicious cakes, unique crafts and handmade items from local businesses in over 30 countries. With a vast network of interesting artisans and sellers, Flowwow helps you easily find and send the perfect gift for any occasion.

If you're looking for a present that exudes elegance and style, look no further than Flowwow's range of pink flowers. From blush pink roses to voluminous pink peonies, these blooms brighten any space and are sure to put a smile on your loved one's face.

For a more playful touch, consider the vibrant berry bouquets and rose helium balloons. These are a joyful addition to any affair, or even just for fun! For special events, Flowwow has an irresistible range of cakes, desserts and cupcakes that will satisfy even the sweetest tooth. So next time you're looking for that perfect gift, or some tasteful touches for your big event, check out Flowwow!

Shop now at www.flowwow.com.

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THINGS TO DO



A midweek quiz night; a Sunday roast for all the family; a unique de-stressing experience and more!



THE PINNACLE OF CULTURE AT DUBAI OPERA



Dubai Opera, the main performing arts centre in the UAE, and the epitome of artistic excellence in the Middle East, is thrilled to announce an exceptional line-up for the season ahead. The upcoming shows in September (and beyond) are the perfect opportunity to treat your family and friends to an evening of world class entertainment in the exquisite setting of Dubai Opera.

Dubai Opera's commitment to excellence, creativity, diversity and inclusivity has positioned it as the lighthouse for the performing arts in the Middle East. By

reaching the highest international standards and building an authentic identity, Dubai Opera is carving out a reputation for itself as an iconic 'House of Cultures'. This dynamic hub for creativity and innovation provides a platform where artistic languages and creative expressions from all over the world converge and blend every day, offering a truly unique and unforgettable experience to all kinds of audiences.

"Our mission is to serve, unify and inspire the community of Dubai and beyond by celebrating the cultures of the world" says

Dr. Paolo Petrocelli, Head of Dubai Opera. "Through excellence in the arts, we aim to build a more vibrant and inclusive society, placing Dubai Opera at the forefront of the global cultural scene".

Dubai, a city that celebrates arts and culture, has always embraced the spirit of creativity. The upcoming fall/winter season at Dubai Opera is a testament to this celebration, featuring an array of world-class performances spanning various genres and generations.

From opera and symphonies, to classical and contemporary ballet performances; from musicals and film scores, to drama and comedy; from jazz, to pop, rock, electronic and world music, Dubai Opera's new season offers an exceptionally diverse lineup that appeals to the entire community, catering to different artistic styles and movements.

The 2023-2024 season of Dubai Opera will kick off with two grand opera and ballet productions this month, *Swan Lake* and *Madama Butterfly*. Presented by the Hungarian State Opera and the Hungarian National Ballet, these are certain to be spectacular shows of the highest level.

Swan Lake

Immerse yourself in the timeless tale of love and magic as the Hungarian State Opera and the Hungarian National Ballet bring their exquisite rendition of *Swan Lake* to Dubai. This mesmerising display is well worth a visit with your loved ones and promises to be an unforgettable night out.

When: 8-10th September

Madama Butterfly

Witness the tragic and heart-wrenching story of love, sacrifice and cultural clashes in Puccini's beloved opera, *Madama Butterfly*. Presented by the Hungarian State Opera, this performance is guaranteed to be a captivating experience for all lucky enough to attend.

When: 12th and 13th September

For bookings and more information, visit www.dubaiopera.com.

DUBAI'S QUIZ SCENE JUST GOT CHEEKIER



Get ready to ignite your competitive spirit and unleash your inner quiz champion as The Cheeky Camel proudly presents its newest and most exhilarating addition yet - the Cheeky Hump Day Quiz Night! Starting at 7pm every Wednesday, this promises to be an evening packed with laughter, camaraderie and exceptional prizes.

Lotti, Dubai's much-loved quizmaster, will be at the helm, steering you through an electrifying quiz night experience like no other. With her infectious

enthusiasm and talent for crafting thought-provoking questions, Lotti is guaranteed to keep you engaged, entertained and utterly captivated from start to finish.

The Cheeky Camel's Hump Day Quiz Night is not just an opportunity to showcase your trivia prowess - it's a night to connect with friends, challenge your intellect and seize the chance to win remarkable prizes. Prepare for a weekly dose of hilarity as you do your best to win!

First place

Secure an AED 500 voucher for The Cheeky Camel, allowing you to treat yourself and your companions to a wonderful night out.

Second place

Enjoy a delicious Friday brunch for two, kickstarting your weekend with sumptuous delights.

Third place

Revel in the mouth-watering flavours of The Cheeky Camel with a steak night for two, featuring succulent cuts and delectable sides.

So set a reminder, gather your loved ones, and head on over to The Cheeky Camel every Wednesday from 7pm onwards for an evening filled with fun, friendly rivalry and intellectually stimulating challenges. Put your knowledge to the test, compete for fabulous prizes and establish Wednesday nights at The Cheeky Camel as your newest tradition.

Location: The Cheeky Camel, Voco Bonnington, JLT, Dubai

Time: Every Wednesday at 7pm

For bookings and more information, call 04 3560574 or email dine@vocobonnington.com

DELICIOUS SUNDAY ROAST AT THE COTERIE

There's nothing quite like an authentic Sunday roast to top off the weekend, and The Coterie is on its way to becoming one of the most popular spots in Dubai for this British tradition. Serving up seasonal, locally sourced produce, you can get all sorts of British favourites, from fish and chips to shepherd's pie. However, The Coterie's real star of the show is their Sunday roast, which is thankfully served all weekend! The menu features a variety of meats, including succulent roast beef, tender roast lamb, juicy roast chicken, and even a vegan alternative. Complete with all the trimmings, including Yorkshire puddings, rich gravy and a combination of root vegetables, this Sunday roast is hard to beat.

For the height of indulgence, check out the 'Roast With The Most'. Offering the choice of two meats, sample starters that include scotch eggs, grain fed steak tartare and confit duck hash, this is the perfect way to experience an elevated Sunday roast. Finish it all off on a sweet note with nostalgic desserts such as Eton mess, sticky toffee pudding and caramel cake.

Visit www.coteriegroup.com for bookings and more information.



AN UNBEATABLE STAYCATION OFFER

Get yourself and your family ready for one of the most enjoyable staycation experiences in Dubai. Address Hotels and Resorts boasts a number of magnificent properties in stunning locations throughout the region, offering just the thing to help you enter the new school term in style. Guests who book their stay between now and September 30th will receive up to four tickets (per room, per stay) to some of Dubai's finest attractions, including the Dubai Aquarium and Underwater Zoo and Play DXB.

This fantastic offer is open to all UAE residents and promises an incredible staycation, absolutely bursting with excitement. Not only can you and your family enjoy all the luxury on hand at the Address Hotel of your choice, but you can also spend a fun-filled day at Dubai Aquarium and Underwater Zoo and Play DXB, witnessing some of the world's most fascinating marine life up, close and having hours of non-stop fun.

For bookings and more information on the participating hotels, visit www.addresshotels.com.



RELIEVE YOUR STRESS WITH SMASHING FUN

Famed for being the first of its kind in the UAE, bringing a unique approach to leisure and entertainment, The Smash Room is thrilled to open its doors in a brand new location in Abu Dhabi, open every day of the week from 12 noon to 11pm.

The Smash Room Abu Dhabi boasts an immersive environment that is carefully designed to provide you and your friends with a comfortable and safe space to release your pent-up frustrations and stress. The interior features vibrant pops of colour and graffiti art and every room is packed with sound insulation, giving you the complete freedom to scream or shout while destroying a range of fragile items, including washing machines, printers and more.

For a change of pace, The Smash Room Abu Dhabi is also launching its very own 'The Smash Room Café' at its new branch. With a refreshing ambience, the café offers a variety of mocktails and specialty coffees made with specially sourced ingredients. This is an ideal spot for those looking to relax and unwind with their favourite drink in between all the exhilarating smash sessions.



Co-founder Ibrahim Abudyak tells us of his excitement about The Smash Room's expansion, "We are so excited to finally bring The Smash

Room to Abu Dhabi. We created this space to offer a unique way of releasing pent up stress and frustration, while also having fun with no limits. We look forward to welcoming a new community in Abu Dhabi and providing them with an unforgettable experience."

Whether you're looking for an adventurous activity with friends or a fun-filled family outing that gets the adrenaline flowing, The Smash Room is a unique concept that combines entertainment with stress-relief therapy, and offers a variety of packages to suit your needs.

Visit www.thesmashroom.com for more details.

WELLBEING



Tackling childhood obesity; how cold water therapy can help mothers and more!



EMBRACING SUSTAINABLE BEAUTY: A HOLISTIC APPROACH

As the owner of Boho Salon, Layla Al Hajjaj tells us about the unique challenges faced by mothers in maintaining their hair and beauty routines while striving for a sustainable lifestyle.

A sustainable, clean beauty routine transcends appearances and dives deep into personal wellbeing and environmental responsibility. It's about choosing products and practices that nourish our bodies and the planet we call home. Here are a few reasons why sustainable clean beauty matters:

Healthier choices

Conventional beauty products often harbour harmful chemicals that can seep into your skin and affect your overall health. By opting for clean and natural products, you're making a conscious choice to protect your body from potential harm.



Ethical consumption

As mothers, our choices resonate with our children. Embracing sustainable practices educates the next generation about responsible consumerism and the importance of preserving our planet.

Eco-friendly approach

From plastic waste to water consumption, the beauty industry has an environmental footprint. A sustainable beauty routine involves choosing brands that prioritise eco-friendly packaging and ethical sourcing.

SUSTAINABLE BEAUTY TIPS FOR MOMS

Here Layla shares her top advice for mums who want to become more sustainable with their beauty regimen.

Minimalism

During the summer, less is often more. Opt for lighter makeup looks and simplified hairstyles that require fewer products and less heat.

Boho Salon offers consultations on chic, low-maintenance haircuts that are perfect for summer.

Water usage

In a region where water is precious, being mindful of water consumption is crucial. Use dry shampoos in between washes to maintain fresh hair while saving on water use. It's best to avoid conventional dry shampoos as those contain harmful or even cancer-causing chemicals. Our top pick at the salon is Refresh Dry Shampoo from Innersense Organic Beauty.

Shop locally

Leverage the power of local small businesses that sell handmade products with natural ingredients. This way you are making healthier choices and supporting a small business with ethical values.

Eco-friendly products

Buy from brands that prioritise sustainable packaging and offset their carbon emission. Our salon proudly carries products from brands that align with sustainable values, like Davines and Innersense Organic Beauty.

Sun protection

With the relentless summer sun, protection is essential - not only for your skin but also for your hair. Choose hair products with UV protection to shield your hair from damage.

Educate and empower

Involve your family in your sustainable journey. Teach your children about the importance of ethical choices and how small steps can make a big impact.

Prioritise self-care

Amidst busy schedules, don't neglect self-care. Pamper yourself with holistic beauty treatments that not only rejuvenate your skin but also leave you feeling refreshed and aligned with your sustainability goals.

In UAE, a country where innovation meets tradition, embracing a sustainable, clean hair and beauty routine is more than just a trend - it's a lifestyle choice that aligns with the UAE's vision for a harmonious future. As the owner of Boho Salon, I'm committed to providing mothers with exceptional beauty experiences and also the knowledge and tools to embrace sustainability with open arms. Together, we can make the worlds' landscape cleaner, greener and more beautiful than ever.





THE BENEFITS OF COLD WATER THERAPY FOR MOTHERS

Slipping into an ice bath may not be your idea of fun, but cold water therapy has many benefits that will help take care of your mind and body throughout the busiest years of motherhood.

Cold water therapy is certainly having its moment - it's hard to spend any amount of time online without coming across someone speaking on the reasons to take cold showers or jumping into an ice bath. While it seems to have appeared overnight, cold water therapy is a long-standing health practice that has an impressive list of proven health benefits.

HOW DOES IT WORK?

Despite its current popularity on social media, cold water therapy is a tried and tested technique that goes back as far as the ancient Greeks. Now, modern science has gotten involved to help explain how exposing ourselves to cold water can address a number of health issues.

Research has shown that taking a dip in cold water narrows your blood vessels, which results in more blood being sent to your organs. Simultaneously, the pressure placed on your body from the water encourages blood to flow to these organs too. With the blood moving to your major organs, it's able to take on an extra helping of nutrients and oxygen.

The magic really happens when you step out of the cold water. Your blood vessels expand, sending your blood back around your body. This highly oxygenated and nutrient-filled blood then gets to work by taking away waste products and lowering inflammation. The repeated expansion and contraction of your blood vessels from regular cold water therapy sessions will effectively strengthen them, which can lead to improved circulation. While your little ones may cause your blood pressure to rise every once in a while, cold water therapy can help to keep you at your best!

HOW TO DO COLD WATER THERAPY?

There are several ways to reap the benefits of cold water therapy. Some are more accessible than others, so try them out and find what suits you best.

Cold showers

Taking cold showers is the perfect first step into cold water therapy. There's no specialist equipment required - just your shower and a fistful of willpower. While cold showers may not help to the same extent as jumping in an ice bath, it's a great place to start. Simply turn your temperature all the way to cold and step in.

You can start small by having your shower as normal and then turning it to cold for the last ten seconds. Once you can withstand this amount of time, try to increase it slightly and keep going. The key is to remember to breathe, as the initial cold shock causes some people to hold their breath. Breathe through the cold and you will soon become accustomed to it. Cold showers are great if you're exercising particularly hard and will wake you up immediately if done first thing in the morning. So try one out and you may not need that first cup of coffee quite so badly!

Cold water immersion

Cold water immersion is pretty self-explanatory. You can submerge your whole body or a specific area for targeted treatment. Due to the rise in popularity of this therapy, ice baths are now commonly found in various health clinics. These are not to be taken lightly and initially should be done under expert supervision to ensure your safety. It's not advisable to stay in for very long at all, and there's no need as it only takes a matter of minutes to experience the health boost!

Contrast water therapy

Contrast water therapy is a clever way to combine the benefits of cold water therapy and heat therapy. Studies suggest that

alternating between hot and cold water helps with recovery and reduces soft tissue inflammation. The most common approach is to submerge the specific joint or limb in hot water (approximately 38 degrees Celsius) for four minutes, and then placing it in cold water (approximately 9 degrees Celsius) for one minute. This process is repeated six times for a total of 30 minutes. This is a truly powerful way to combat the aches and pains that are an inevitable part of motherhood!

WHAT ARE THE KEY BENEFITS?

Cold water therapy doesn't sound like much fun, so it better be worth it! Don't worry, the potential benefits of this chilly treatment may really help you out when you're feeling the stresses and strains of daily life as a mum.

Relieves pain

So often, mothers have to push their pain to the back of their mind and carry on with the day's work. It's only when you sit down in the evening that you notice that throbbing feeling in your lower back or sharp pain in your knee. Cold water therapy has been shown to reduce inflammation and provide relief for people suffering from short- and long-term physical pain.





Contrast water therapy is a particularly effective pain treatment for sprained ankles and wrists, and even arthritis. Thanks to how it causes your blood vessels to expand and contract, carrying vital nutrients to wherever you need, it can help to bring any swelling down and offer you some respite.

Muscle recovery

Whether you're pumping iron or carrying your little one around all day, muscle soreness is an everyday part of being a mum. Introducing some cold water therapy into your day has been shown to reduce the effects of the dreaded DOMS (delayed onset muscle soreness). So while it may be a real challenge to take that cold shower or dunk yourself in a cold plunge, your muscles will thank you at the end of the day. You'll recover faster and be back at your best for the following day!

Uplifts mood

Aside from the physical benefits, there are reportedly psychological benefits to taking

an icy dip. Recent studies have shown that immersing your body in cold water can produce a 250% increase of dopamine, the feel-good hormone. So while it may not be an enticing prospect at first, science suggests that you won't regret taking the plunge!

POTENTIAL RISKS

Subjecting yourself to very cold temperatures is not something that should be done without caution. Cold exposure, especially when submerging yourself fully, can place a lot of stress on your body. It demands a lot from your heart and blood vessels, as well as your mental fortitude. As a result, it's always worth consulting with your doctor before undertaking cold water therapy, to ensure that it's safe for you to try.

Another possible risk from cold water therapy is hypothermia. This condition comes as a result of your body temperature dropping too low. Naturally, the chances of this happening in an ice bath are much higher than in most other parts of your life, so take care. Sitting in an ice bath for too long or at too low of a

temperature can potentially be very harmful. As before, consult with your doctor and, at least initially, take your ice baths under the supervision of a health professional.

The stress your body experiences from the cold water is exactly what will result in the positive health benefits. Think of it like going to the gym - it's difficult each time but the long-term results speak for themselves. Once the necessary considerations have been made, it's time to dip your toe in. Start small, scale it up slowly and, before you know it you'll be taking cold showers every morning and making regular appointments for your local cold plunge!

FINAL THOUGHTS

Cold water therapy is far from a fad and it's here to stay. Whether you're starting the day with a cold shower, soaking your tired joints or taking ice baths regularly, you will soon begin to notice the healing properties of cold water. With all the demands of motherhood, it might be just what you need to take care of your body and your mind.



THE IMPORTANCE OF HYDRATION AND POOL SAFETY AT SCHOOL

There are countless potential dangers associated with swimming, sun exposure and lack of hydration. A few pointers, for both parents and children, will ensure a safer experience for everyone.

With kids heading back to school, Blueguard, the trusted authority on water safety and first aid in the UAE, is committed to providing essential expertise and guidance for a secure and informed back-to-school transition. Going back to school with a strong understanding of water safety and basic first aid is paramount, especially for schools and activities involving swimming and other water-based pursuits. In an effort to promote water safety, Blueguard offers a number of key water safety tips for parents and guardians.

SAFETY FIRST

Here are some things to bear in mind as you send your child to swimming at school, or externally.

Lifeguard presence

Ensure that your child's swim classes have dedicated lifeguards. In busier pools, consider the need for multiple lifeguards to keep an eye on all the little swimmers!

Adequate supervision

It's important to be aware that swim coaches

or P.E. staff are not substitutes for lifeguards. Blueguard recommends that all staff possess comprehensive water safety rescue skills and CPR training for added safety.

Staff qualifications

Verify that swim coaches or P.E. staff hold the necessary qualifications to effectively teach swimming. This step makes sure that there is a high standard of instruction and safety for all students involved.

Coach to student ratio

Check that the ratio of swim coaches to students is appropriate for safer supervision. There should always be enough coaches on hand to make sure that no child goes unnoticed.

Trust your instincts

We all have the gift of powerful instincts and we can tell when a situation doesn't quite feel right. If something appears unsafe or feels concerning, don't hesitate to ask questions to guarantee the safety of your children. It's always better to be safe than sorry!

SUNSHINE AND HYDRATION

September is still very warm, so it's always good to consider these basic safety practices for your child as they head back to school.

Stay hydrated

Encourage children to drink water regularly throughout the day to maintain proper hydration, even when they're not feeling thirsty. Consider getting your child a water bottle so they can keep track of their daily water intake.

Sun safety

Try to make certain that your children wear suitable protective clothing and apply sunscreen to shield themselves from the sun's powerful rays.

Healthy drinks

Advise against the consumption of sugary beverages and energy drinks, as they can lead to dehydration. Instead, try out hydrating lunchbox snacks such as watermelon and cucumber.

Time wisely

Help children avoid direct sun exposure during the hottest midday hours when the sun's intensity is strongest. Talk to your child about the importance of this during the school day.

Check urine colour

Teach children to observe the colour of their urine; pale-yellow to clear colour signals good hydration, while dark yellow or amber suggests dehydration.

Listen to their bodies

Show your child how to recognise signs of thirst, dry mouth or dizziness, indicating their body's need for fluids. With this knowledge, little ones are able to give themselves what they need, or ask a teacher for help, as soon as they need it.

We have the utmost responsibility to provide our children with a safe environment in which to play and learn. By following these simple steps, parents and educators can ensure the wellbeing and hydration of the children in their care.

CHILDHOOD
OBESITY



ADDRESSING CHILDHOOD OBESITY

Here, we look at the causes and complications of childhood obesity, as well as how best to tackle this condition as a parent.

September is Childhood Obesity Awareness Month, and it is dedicated to educating children and their families on how to prevent childhood obesity. The rate of childhood obesity has been increasing with pace in the UAE, but the pandemic has worsened this issue among our youth. In 2018, 12 percent of children were obese. That figure was 17.4 percent in 2020, according to statistics compiled by the Ministry of Health and Community Protection. What this tells us is that the children of this region need to be supported with managing or preventing childhood obesity.

CHILDHOOD OBESITY

Children who have a body mass index (BMI) that is equal or greater than 95 percent of their age group are considered obese. BMI is a scale used to classify your weight in relation to what is normal and healthy for your age and gender, and is calculated using your height and weight.

Childhood obesity refers to a condition where a child's body has accumulated excessive fat, to the extent that it negatively impacts their health. It is a serious concern that can lead to various physical and psychological health issues. Some of the potential risks associated with childhood obesity include:

Type 2 diabetes

Obese children are at a higher risk of developing type 2 diabetes, a condition where the body cannot properly use insulin to control blood sugar levels.

Heart disease

Obesity is linked to an increased risk of heart disease, high cholesterol and high blood pressure in children, which can persist into adulthood and lead to serious health issues.

Joint problems

Excess weight can strain the joints, leading kids to suffer with joint pain and mobility issues. This can affect their ability to exercise, which can lead to further weight gain and health concerns.



Sleep apnea

Obese children are more likely to develop sleep apnea, a condition where breathing temporarily stops during sleep. It has adverse effects on the body and can deeply impact sleep quality.

Psychological and social issues

Children with obesity may face social stigmatisation, low self-esteem, low confidence and depression due to body image concerns.

CAUSES OF CHILDHOOD OBESITY

The main cause of obesity in kids is eating too many calories and exercising too little. Genetic and hormonal factors can influence weight gain, but lifestyle is virtually always the main contributor.

There are a number of issues that raise your child's risk of becoming overweight. Obesity is usually the result of a combination of these. Let's take a look.

Diet

What your child eats is one of the biggest factors in them maintaining or reaching a healthy weight. Eating lots of fat, sugar and

processed foods is a quick path to weight gain, as is not getting enough fresh fruits, vegetables or whole, unprocessed foods. Common pitfalls for kids include:

- ✓ Fried foods
- ✓ Pastries
- ✓ Biscuits
- ✓ Pizza
- ✓ Fries
- ✓ Sweets
- ✓ Sugary juices or drinks
- ✓ Frozen dinners
- ✓ Salty snacks

Lack of exercise

The equation for weight gain is simple. If kids consume more calories than they burn, the excess will be stored as fat on their bodies. This means that children who don't exercise much are a lot more likely to gain weight, as they don't have calorie-burning activities built into each day.

Sedentary activities, such as spending time on social media, playing video games or watching television, contribute to the problem. Spending too long each day on these is linked to weight gain and a decreased desire to exercise and stay active.

Family norms

When a child is part of a family where parents or other family members are also overweight, he or she is more likely to put on weight. This is especially the case in a household where physical activity is not encouraged and where children often have access to high-calorie foods and snacks. If adults have a tendency to eat out of boredom or as a reward, kids are likely to adopt this pattern too, which often leads to weight gain.

Psychological stressors

Stress in their own lives, their parents lives or the family as a whole can increase a child's risk of obesity. Like many adults, some children overeat to deal with problems or to deal with their feelings. These food-related coping mechanisms place unhealthy foods at the forefront of children's emotional world, which can be a significant factor in childhood obesity.

Socioeconomic factors

Families living in certain socioeconomic bands may struggle with limited resources for food, limited time to cook and less opportunity to buy quality, fresh food. Unfortunately, some of the least expensive and quickest foods are also the most processed and calorie dense. As a result,

households that rely on convenience foods, such as frozen meals, biscuits and chips, are more prone to unhealthy weight gain. However, there are ways to eat healthily for a low cost, incorporating bulk staples like rice, lentils, vegetables, beans etc.

Medications

Sometimes prescription medicines can interfere with a child's metabolism or energy levels, increasing their risk of developing obesity. If you are worried that your child's medication is causing weight gain, make sure to consult your family doctor or any relevant medical specialists, who can advise you on how to deal with this.

MANAGING CHILDHOOD OBESITY

As a parent, preventing or reversing your child's obesity can feel overwhelming. Kids need the help of parents to manage this serious health condition, but it must be done with care, kindness and persistence. Making your child feel self-conscious, scared, ashamed or distressed about their weight can be damaging to their self-esteem and social confidence, as well as the dynamic of your relationship. At the same time, childhood obesity is not something to be taken lightly, and it is not a condition that can be left unaddressed. Let's look at steps you can take together to help your little one lose weight and regain their health.

Embrace healthy food and drinks

Changing to a healthier diet is vital. Kids tend to copy parents, so it's best if you lead by example. Making healthy eating a family affair means no one will feel singled out. Have healthy snacks available and limit sweets and other sugary foods. Try air-popped popcorn without butter, chopped fruits, low-fat yoghurt, carrot sticks with hummus, or whole-grain cereal with low-fat milk.

Swap soft drinks and high calorie juices for water and make an effort to cook from scratch, phasing out any processed convenience foods. Try basing your family meals around fresh foods, including:

- ✓ Lean proteins, such as white fish, chicken and turkey mince
- ✓ Whole grains, such as brown rice, oats and wholewheat pasta



- ✓ Low-fat dairy products
- ✓ Fresh fruits and vegetables

Don't be afraid to seek out additional help from a nutritionist or dietician and remember to offer new foods multiple times as it can take children several exposures to accept a new food.

Increase activity levels

Encouraging your little one to become more active is a great way to help them shed weight safely. It can be helpful to refer to something as an 'activity' rather than saying 'exercise' so that they don't feel daunted or self-conscious, and so that they do stay interested. Playing chasing outside, for example, sounds much more fun to a young child than running laps around the park. Aim to get your child exercising or being active for at least an hour a day.

Family hikes, cycles or swims can also be a great way to help your child get active and start on the path to a healthier weight, while also providing some family bonding time.

Limit screen time

Spending time on screens is linked to weight gain in kids. Studies have indicated that this is for three reasons - screen time takes away from time spent staying active, screen time often goes hand in hand with unhealthy snacking and watching television involves viewing a considerable amount of advertising that promotes high-sugar, high-fat, processed foods with little nutritional value, which can have a powerful influence over what a child habitually eats.

Sugary cereals, sweetened juices and drinks, cookies, chocolate and fast foods are all

commonly depicted as delicious, exciting and cool in advertising that is aimed at kids. Sadly the vast majority of commercials during programs aimed at children focus on the emotional value of these unhealthy foods instead of satisfying any of their health needs. Kids then want to eat the foods that are most prominently advertised in greater quantities than whole foods, like fruits and vegetables, which are hardly ever shown.

Screen time tends to displace physical activity in children - so the more time is spent on screens (watching television, playing video games, scrolling on social media, watching videos etc.), the less time tends to be spent playing outside, participating in sports and generally staying active or engaging with movement.

In fact, studies have indicated that many non-physical activities are actually better for children's health than watching television or scrolling on screens. Activities such as music classes, board games, jigsaw puzzles, art classes and reading may be much better than screen time when it comes to reducing a child's chances of obesity.

Sleep

Studies have also indicated that too little sleep raises the risk of obesity. Lack of sleep can cause hormonal imbalances that lead to an increased appetite in kids, as well as a reliance on sugar to boost energy levels temporarily.

By implementing these healthy changes consistently and carefully, you will be able to help your child avoid or reverse childhood obesity over time. If you are struggling to do this, or you are concerned about your child's weight, consult with your doctor or a paediatric endocrinologist.



PARENTING



Raising confident girls; why kids behave differently at home and in school; books for young readers and more!





HELPING KIDS TO MAKE FRIENDS

A healthy social life is a cornerstone of a happy childhood. Here we look at a few ways you can help your little one blossom socially.

With children going back to school, one of the biggest worries most parents have is whether or not their precious little ones will struggle to make friends. There's lots of pressure on kids these days to excel in school, make the sports team and have a thriving network of friends. It's no wonder they feel a bit daunted when setting out. There are plenty of ways that you can help prepare your child for the social aspect of school, hopefully enabling them to comfortably connect with others.

LEARN HOW YOUR CHILD SOCIALISES

When looking to help your child to make friends, the best place to start is to try to gain an understanding of how they currently socialise. When you see them engaging with others, try to figure out what their approach is. Do they struggle to initiate conversation or do they go quiet when part of a large group? Once you have a feeling of what parts they find hardest, you'll be better equipped to help them progress.

PRACTISE AT HOME

With the main problem area in mind (for example, starting a conversation), you can sit down with your child at home and practise this exact thing. Take turns initiating conversation and try to cover a variety of topics. This will teach your little one to not be afraid of taking the lead or introducing a new subject into the discussion.

SET THE STANDARD

Parents are key role models for their children and this extends to social behaviour.

If you can display positive social behaviours in front of your little ones, they're likely to try to replicate this. Bear this in mind throughout your day as you engage with various people, from family and friends, to people working in shops or even strangers. Act how you would like your child to act and they will soon learn this behaviour from you.

LAY THE FOUNDATIONS

Arranging get-togethers with family friends who have children of a similar age to yours, or play-dates between your little one and a few others, are fantastic ways to help your child break the ice. With these, you can take the edge off the fear your little one may have of striking up a conversation with a child they don't yet know.

OFFER POSITIVE REINFORCEMENT

Positive reinforcement is fundamental in helping your child to develop socially. As they step outside their comfort zone, encourage them and praise their efforts - even when things don't go perfectly. Make room for a debrief after they try to connect with another child and discuss what went well and how to make things go even better next time!

Some little ones find socialising very difficult, especially when faced with more extroverted children with already established friend groups. However, by learning about how your child behaves socially, by setting a good example for them and by coaching them through the process, your little one will feel like they have the skills and support to meet new people and develop lasting friendships.

WHY CHILDREN ARE DIFFERENT AT HOME AND IN SCHOOL

It's hard not to take it personally when your child is an angel at school but a handful at home. However, it's often not a parenting issue. Let's look at what's really going on.

Does your little one have a golden reputation among the teachers at school yet they're regularly misbehaving at home? This can become a very frustrating situation for parents and it's natural to feel like you're missing something. It's likely that your child isn't doing this consciously - there may be a deeper reason behind it.

When your child is able to make it through the school day on their best behaviour, only to throw a tantrum or lose their temper as soon as they get home, many parents question themselves. With reports from teachers drawing a picture of a pleasant and calm child, it can be confusing when this doesn't tally at all with what happens when your little one arrives home. Rest assured that this isn't all that uncommon and it's not necessarily an issue with your parenting style.

A SYMPTOM OF STRESS

It may be difficult for some parents to believe that their child isn't particularly aware of the fact that they're switching between good and bad behaviour. The truth is, they're almost definitely not doing it on purpose. The root cause is mostly due to stress and overwhelm at school. They don't want to act out in front of their teachers or peers and so bottle it up until it all pours out as soon as they get home. As adults, we've all been there. We'll endure a particularly stressful day at work, putting a brave face

on, only to start crying once we're in the privacy of our own home.

Adults have lots of different techniques and outlets to help de-stress after a bad day at work. Additionally, we have the awareness and understanding of what we are feeling and why we are feeling that way. Children, on the other hand, are still developing every day and have less of a grasp on their emotions. They may not realise the cause of their poor form or have any coping mechanisms.

Making it through a school day

The fact that your child can keep their emotions in check while at school is testament to their inner strength. They might also be afraid of getting into trouble with their teachers or embarrassing themselves in front of their friends. Constantly holding it all in leads to a huge build-up of stress and emotion. Without any help, there may even come a time when they're not able to control themselves in school any longer, and they'll begin to get into trouble.

Home sweet home

Though it may not seem like it, the fact that your child lets all their emotions out at home is a good sign. This means that they feel safe enough to be vulnerable and release all their pent up stress and anxiety. You have nurtured a home environment that allows your child

to just be themselves. The stark contrast between their behaviour in school and at home is a result of how comfortable they feel at home compared to school.

TACKLING THE ROOT

The main priority here is to identify the root cause. If your little one is displaying this sort of variation in behaviour, they're usually struggling to cope with some form of stress, worry or fear. As mentioned, this is often due to their school experience. All little ones learn and grow at different rates and for some, the workload and expectations that come with being a young student can simply be too much. For others, it can be the social element. The pressure to make friends and the fear of being left out can be very upsetting. Children feel that they can't express these feelings while at school, so it all comes out once they're home.





your child is feeling and keep this in mind when interacting with them throughout the school day.

What to do

Once the root cause is clearer to you, take steps to address it. If your child is overwhelmed by work, consult their teacher for advice. It may be the case that your little one finds a specific subject very hard and needs some extra help in that area. If your child is struggling socially, work with them to build up their confidence and self-esteem, so they feel better able to be themselves in a group environment. Reach out to mothers with children in the same class and arrange playdates so that your child can make friends away from the pressures of the classroom.

YOU'VE GOT THIS!

If your child's mood swings and meltdowns have become a part of your daily routine, don't worry. They're trying their best to manage the hard work and complicated social dynamics of school, all while still growing and learning about themselves. While spinning all those plates, it's completely understandable that one or two come crashing down from time to time. With open lines of communication between you and your little one, there's nothing you can't overcome!

Where to start

Begin by calmly starting a conversation with your child about how they feel. Gently encourage them to speak about how they're finding their schoolmates and teachers and whether or not they're struggling with the workload. Younger children may find it harder to put into words so consider asking them to draw how they feel and then describe the drawing to you.

Let the teacher know

Also, approach your little one's teachers and discuss the issue with them directly. It may come as a surprise (your child is probably perfectly well-behaved in their eyes!) but persevere and explain the situation. Perhaps, with this context, the teacher will be able to spot the stress



RAISING CONFIDENT GIRLS

Instilling confidence in your daughter is so important for her wellbeing and future success. Let's take a look.

Despite how much the situation has improved in recent years, there are still lots of challenges that come along with growing up as a woman in this world. With all of the expectations, judgements and social pressures on our girls, it's more important than ever to instil in them a strong sense of self-confidence and self-esteem.

GIVING GIRLS THE GIFT OF CONFIDENCE

Here are eight tips for building up your girl's confidence, empowering her to become a strong, independent woman.

Role models

Having a powerful woman for your girl to look up to is a great way to help her with her confidence. There are countless positive female role models to choose from, in all walks of life. Allow your little one to explore and gravitate towards women that they aspire to be like. These can be world leaders, heads of industries, artists or athletes. Seeing a woman take on the world and win is a surefire way to inspire young girls to reach for the stars.

Standing up for herself

Teaching your daughter to stand up for herself is crucial. While remaining respectful, she should be able to state her



boundaries and not allow others to push her around. You can role play various situations together, such as a child being unkind to her or an adult speaking to her dismissively. Running through these scenarios together will set your daughter up, enabling her to stand her ground at all times.

Let her choose her hobbies

It's time to put down any preconceived notions of what it means to be a girl. If your little one wants to play sports, do ballet, paint or solve puzzles, try to make this possible for her. Girls need to explore their own passions, whatever they may be, without the pressure to do 'girly' things or avoid hobbies that are 'just for boys'. This freedom to have fun in a way that suits them will show your child that she can express herself in her own way and chase her own dreams.

Well-rounded compliments

Your little girl deserves compliments as much as everyone else. Bear in mind to keep them well-rounded though. Compliments on her appearance are, of course, lovely for her to receive, but make sure to also speak highly of her intelligence, her creativity, her strength and her kindness. With a wide range of compliments, your little one will begin to feel strong, capable and beautiful. Keep it natural - the effect will be weakened if you are continuously showering your daughter with compliments (though she might deserve it!)

Positive body image

Despite an increase in awareness around the topic of unrealistic beauty standards for women, there is still a lot of negative messaging out there. Gently explain to your little one that every person is uniquely beautiful and there is no right and wrong. Take time to explain the fact that many of the images we see online are photoshopped through a specific lens to result in a very narrow view of what beauty is. With confidence in her natural beauty, your daughter will learn to express herself through her appearance, while not falling into the trap of endless comparison.

Brace her for sexism

Unfortunately, your daughter will inevitably experience sexism at various stages throughout her life. She may be disrespected,



overlooked, under-appreciated and patronised. This commonplace inequality will make aspects of life harder for her, but a little preparation will at least mean that it won't come as a surprise. This doesn't need to be an overly negative conversation. A gentle warning and a few pointers on how to manage will go a long way. Reinforce her positive sense of self and be on hand to comfort her when she experiences it.

Praise her achievements

Try to praise your daughter's achievements, no matter what they are. Keep your praise grounded and realistic, however, as overdoing it will not go unnoticed by your little one and she might begin to dismiss your kind words. Celebrate her wins, both big and small and remind her of how proud you are of her. If you genuinely and accurately speak highly of her achievements, the positivity will sink in and your daughter's confidence will grow.

Getting left out

Getting left out always hurts, no matter what age you are. Not receiving an invite to a party, or not being in the 'cool group' at school can really dent a child's confidence. Explain that everyone gets left out from time to time and that it's not to be taken personally. Help her to understand that if someone is being mean to her, that's much more of a reflection on that person than on your little one. Finding a core group of friends, and nurturing those friendships, offers a social support network that will undoubtedly give your child confidence and boost their self-esteem.

All parents have a responsibility to do their best to raise confident daughters. Teaching them strategies to develop confidence and striving for equality between them and their male counterparts will go a long way. Gender equality has much improved in recent times but there is still plenty to be done and every parent can contribute to make the world a better experience for their daughter and for all young girls.

TEN BOOKS FOR YOUNG READERS

Victoria Phillips, the Primary English Curriculum Lead and the Year 6 teacher at The English College, has put together a suggested reading list for children aged 3-8 years old.



Summer has come to an end and a new school year has begun! However, sometimes the break from the structure of school can lead to a drop in children's reading level, a phenomenon known as the 'summer slide'. To help your little one get back into the rhythm of school, encourage some extra reading at home. The new school year is a golden opportunity to enhance your child's fluency, while igniting their passion for a great story. It doesn't have to be a dull affair either, as the right book can make it a wonderful opportunity to strike the perfect balance between fun and learning.

WHAT TO READ?

As parents, it can be hard to know which books to suggest, given the importance of choosing books that captivate kids without overwhelming them. The key is to pick books that are engaging, yet not too easy that they become uninteresting. Equally, it's best to avoid books that are too challenging, as this will only be frustrating and maybe even discouraging for little ones! By finding the sweet spot, your child can experience the feeling of success and the confidence that comes with managing to finish a good book.

With this in mind, we spoke with Victoria Phillips, the Primary English Curriculum Lead and the Year 6 teacher at The English College, to put together a list of suggested books for kids aged 3-8 years old. These are chosen to allow young children to embark on new adventures through the pages of a captivating book. Whether it's a magical journey, a hilarious tale or an inspiring story of friendship, the books on this list are sure to spark your little one's imagination and foster their love of reading.

THE COOL BEAN

'The Cool Bean' by Jory John is a heartwarming story about friendship and acceptance, suitable for kids aged 3-7. Meet the "cool" bean who learns that being kind and true to oneself is the ultimate coolness. With witty humour and charming illustrations, this book fosters empathy and celebrates individuality.

I AM EVERY GOOD THING

'I Am Every Good Thing' by Derrick Barnes is best for little ones aged 4-8 years old. Filled with affirmations and positive messages, this empowering book celebrates the greatness within every child. Through vibrant illustrations and poetic prose, it inspires self-confidence, resilience and the belief that every child is capable of amazing things.

THE COUCH POTATO

This story by Jory John is also suitable for children aged 4-8 years old. Join the hilarious adventures of the Couch Potato, a lovable character who learns the joy of stepping away from screens and embracing the real world. With clever humour and relatable situations, this book encourages balance and outdoor play.

THE BEAR, THE PIANO, THE DOG AND THE FIDDLE

'The Bear, the Piano, the Dog and the Fiddle' by David Litchfield is an enchanting sequel to 'The Bear and the Piano.' The bear's old friend, the dog, discovers a hidden talent for playing the fiddle. With themes of friendship, the power of music, and embracing new passions, this book is a delightful read-aloud choice that works well for 4-8 year olds.

THE OLDEST STUDENT: HOW MARY WALKER LEARNED TO READ

'The Oldest Student: How Mary Walker Learned to Read' by Rita Lorraine Hubbard is based on a true story. This inspiring book for 5-8 year olds tells the tale of Mary Walker, who learned to read at the age of 116. Through perseverance and determination, Mary shows that it's never too late to pursue one's dreams.



THE ONE AND ONLY SPARKELLA

Written by actor Channing Tatum, this charming book celebrates individuality and the special bond between a father and daughter. With glittery illustrations and a heartwarming message, it encourages young readers aged 3-7 to embrace their true selves.

ALL BECAUSE YOU MATTER

'All Because You Matter' by Tami Charles is a poignant and lyrical book that celebrates the importance and inherent worth of every child. Suitable for little ones aged 4-8, through powerful words and beautiful illustrations it addresses themes of self-love, racial identity and the interconnectedness of humanity.

HOW TO SOLVE A PROBLEM: THE RISE (AND FALLS) OF A ROCK-CLIMBING CHAMPION

Again, for those aged 4-8 years old, this tale by Ashima Shiraishi is based on the true story of a rock-climbing prodigy. It teaches young readers about determination, perseverance and problem-solving skills. With colourful illustrations and an inspiring narrative, it empowers children to face challenges head-on.

THE PAPER KINGDOM

'The Paper Kingdom' by Helena Ku Rhee is set against the backdrop of a nighttime office building. For kids ages 4-8, this heartfelt story explores the power of imagination, family and the resilience of children. Through its engaging storytelling and captivating illustrations, it encourages creativity and the ability to find joy in unexpected places.

WAYS TO SAY I LOVE YOU

'Ways to Say I Love You' by Marilyn Singer is a beautifully illustrated book for little readers aged 3 to 7. It explores the many ways to express love, from whispered words to acts of kindness. With its gentle rhymes and diverse cast of characters, it celebrates the universal language of love.

Using this list, you should be able to help immerse your young reader in a world of new and exciting books that will fuel their imagination and love for reading. From tales of friendship and self-acceptance, to inspiring stories of resilience and creativity, these ten great books are ideal for little ones. So, encourage your child to grab a book, find a cosy spot and let the adventure begin!

TEACHING TEENS FINANCIAL LITERACY WITH LEAP

We look at a new app that can help you empower your child or teen to learn good financial skills in an engaging and accessible way!

As the new academic year approaches, parents everywhere are gearing up to equip their teens with essential skills for a successful future. One crucial aspect that often goes overlooked is financial literacy, which forms the foundation of responsible money management. It can be a tricky topic and sometimes parents could do with a little help. Let's take a look at a new app that can be used as a tool to teach kids and teens good money habits.

WHAT IS LEAP?

Leap is a new mobile app and prepaid Visa card designed to empower children and teenagers aged 6-18 years old with financial knowledge and healthy money habits. Leap is more than just an app; it's an educational tool that transforms the way parents teach their children about money and financial responsibility. Developed with a clear focus on empowering kids and teens to make informed financial decisions, Leap offers an engaging platform for learning the building blocks of earning, saving and spending money wisely.

WHY CHOOSE LEAP FOR BACK-TO-SCHOOL PREPARATION?

There are many ways Leap can help kids navigate the year ahead and grow in their financial maturity. Let's take a look.

Empowering financial independence

With Leap, teenagers gain practical experience in managing money independently. From setting savings goals to making responsible spending decisions, teens are equipped with the confidence and skills to navigate the financial challenges of adulthood.



achievements, fostering a positive and rewarding learning experience.

Financial goal setting and rewards

By encouraging teens to set financial goals, Leap instills a sense of purpose and motivation in their financial journey. As they achieve these milestones, real-life



incentives and rewards help reinforce the value of saving and responsible spending.

"We believe that the new academic year presents a perfect opportunity to equip our teenagers with essential life skills - and financial literacy is a vital aspect of their development," says Ziad Toqan, Co-founder and CEO of Leap. "With Leap, parents can rest assured that their teens are well-prepared to handle financial challenges and make educated choices throughout their lives."

Real-life simulations

Leap incorporates interactive real-life simulations, allowing children and teenagers to apply financial concepts in practical scenarios. Whether it's budgeting for school supplies or planning for extracurricular activities, these simulations prepare teens to face real-world financial challenges head-on.

Progress tracking and support

For parents, Leap offers a user-friendly interface that allows effortless tracking of their teen's financial progress. Parents can gain valuable insights, identify areas where a child needs additional support and celebrate their teen's

BRIDGING THE GAP

As technology continues to shape the world, the importance of financial literacy for teenagers cannot be overstated. Leap bridges the gap between traditional education and real-world practicality, ensuring that the next generation is ready to face financial challenges with confidence and competence.

To get started or learn more, visit www.savewithleap.com and sign up for a free account. Leap is available for download via the App Store and Google Play, with a one month complimentary subscription upon downloading.

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ENCOURAGING CHILDREN TO DO THEIR HOMEWORK

With the new school year upon us, let's look at the best approach to homework for children who avoid doing it.

Homework can often be a challenging task for children who don't feel enthusiastic about academic learning outside of the classroom. While it's natural for some kids to resist homework, there are ways to help your child conquer the 'homework blues' and develop a happier relationship with their work.

THE POWER OF ROUTINE

Routine is vital for children in many areas of life and homework is no exception. By establishing a designated time and place for homework everyday, your child will learn, through consistency, that homework is a regular part of their routine, reducing the chances of any procrastination on their part.

A HOMEWORK-FRIENDLY WORKSPACE

The environment your child works in will significantly affect how easily they are distracted or alternatively, how well they can focus. Doing homework in a noisy or busy area of the house makes it harder to pay attention and be productive. Aim to create a dedicated workspace that is free from distractions and screens, and is in a quiet part of the home where disruptions will be minimal.

ONE STEP AT A TIME

The prospect of tackling a substantial assignment can be daunting to anyone. It may be helpful to teach your child to break down large assignments into more manageable steps. This prevents overwhelm and allows them to tackle one part at a time.

Setting small goals with specific timeframes can also make each piece of homework seem

less stressful and more achievable. Ticking off each step or goal gives kids lots of built-in 'wins', which maintains their sense of accomplishment while working through the assignment and motivates them to keep going.

BREAKS AND REWARDS

Incorporating breaks and rewards into the homework routine can boost your child's motivation and give them a structure to work within. Every 30-45 minutes, or when a chunk of an assignment is completed, encourage your child to take short breaks. These can be used to relax or even get a small reward, creating positive associations with completing tasks.

THE SUPPORTIVE APPROACH

As a parent, it can be challenging to find the tricky balance between providing support and not micromanaging or stifling children's independence. The best approach is to offer guidance and answer questions, while also allowing your little one to work on their own. Your support will give kids who struggle with their academic confidence a sense of reassurance and security.

Helping children who dislike doing their homework requires some structure, encouragement and a strategic approach. Remember, the goal isn't to make kids love homework, but to equip them with the right skills to manage it efficiently and approach it with a positive attitude. By implementing these practical tips, you can transform homework time from a struggle and a stress into a practised routine that gives your child a sense of achievement.

CHOOSING THE IDEAL NURSERY

This month, we spoke with Shamim Kassibawi, founder and CEO of Play:Date app, all about what to consider when selecting the right nursery for your child.

Finding your little one's new home away from home is no easy task for any parent. The process of finding the ideal nursery can be overwhelming, due to the abundance of options and factors, and the confusion they bring. As a working mother, Shamim Kassibawi is aware of the hurdles parents face, which is why she has shared the five invaluable tips that she has learned along the way, with the hope of assisting other parents in their own quest.

LOCATION, LOCATION, LOCATION

Venturing into the big world alone can be a daunting experience for both parents and their little ones. As we embarked on this journey, our primary concern was ensuring proximity to our home, allowing us to swiftly respond whenever our child needed us. Does this apply to you?

LEARNING STYLE AND ACCREDITATION

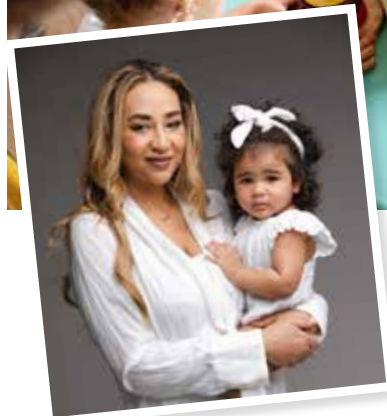
Discovering accredited institutions catering to children under six may present challenges, but I was determined to conduct thorough research, leaving no stone unturned. Our preference leaned towards an International Baccalaureate (IB) program, as we believe in its global recognition and the ease of transition it offers, should the need arise. What learning styles appeal to you?

LANGUAGES

We wanted our little one to embrace not only our mother tongue, Arabic, but also English and French. While it may seem like a tall order, we remained confident that we could fulfil this aspiration in none other than Dubai! What languages are important to your family?

NATURE

Having spent most of my life in New Zealand, I really wanted the outdoor option,



along with an eco-conscious early childhood learning experience, meaning that the environment would be inspired by nature wherever possible. Is this something you feel strongly about?

SUPPORT

Anticipating the emotional rollercoaster during the initial weeks, I prioritised selecting a nursery that would provide understanding and support, both for me and my little one, as we navigated this transitional period. It was crucial for me to find a nurturing environment that would help with the preliminary challenges and adjustments. Is this a big consideration for you and your child?

MAKING THE DECISION

We ultimately chose the Redwood Center of Excellence, an early childhood learning centre nestled in Al Barsha 2, which exceeded our expectations on all fronts. Welcoming children aged 45 days to 6 years old, the centre recognises the immense importance of the first five years in a child's life, as supported by modern neurological research. Parents have described it as a "mini university," offering a unique teaching approach that combines best practices from Montessori, Reggio Emilia, STEM and the arts.

During this process, we also discovered how important it is to get genuine feedback from other parents. Don't be afraid to reach out and ask others about their experiences as this will help you get a realistic picture of life at different nurseries. There is no right or wrong choice, only the one that works for your household and your child's unique personality, and meets all your most important needs.

DISCOVER EXCELLENCE IN EARLY YEARS EDUCATION AT SOUTH VIEW SCHOOL!

At South View School, our Early Years education is not only meaningful; it's inspiring. Our commitment to child-led learning empowers our little learners to become independent thinkers and confident decision-makers. Our educators craft differentiated, creative and engaging lessons that nurture children's curiosity and individual learning styles. We believe in a well-rounded approach to child development and cover all these areas through planned, purposeful play with a balance of adult-led and child-initiated activities.



THE FRAMEWORK

The EYFS framework nurtures communication and language, physical development, personal, social and emotional development, as well as literacy, mathematics, understanding the world and expressive arts and design, laying a robust foundation for lifelong success.

At the heart of our educational prowess lies the Early Years Foundation Stage (EYFS) curriculum, a hallmark of innovation and inclusivity. With an unwavering dedication to providing an enriching educational environment, we seamlessly integrate Makaton signs and visual aids, making every classroom a space where every child can thrive. Our commitment to inclusivity ensures that all students, including non-native English speakers, are equipped with the tools they need to excel.

A TAILORED APPROACH

What truly sets South View School apart is our tailored approach to education. We customise and adjust our curriculum based on our students' outcomes; it is regularly reviewed and adapted to ensure it is relevant. We leverage students' advancements from their unique starting points, which translates to our educational approach being both differentiated and exclusively tailored to each individual child.

"I am extremely proud of our modified EYFS curriculum as I feel it builds on our students' interests, experiences, and the local culture and environment" says Eisha Patton, Head of Early Years.

ASSESSMENTS

The assessments in the Early Years are about a celebration of growth. Our approach revolves around understanding each child's unique development journey. Our students' achievements are a testament to the impact of our EYFS curriculum. With remarkable progress in English, mathematics, and science attainment, it's evident that our curriculum design and implementation, rated as 'very good' by KHDA (2022-2023), is yielding a remarkable impact.

Discover the excellence of Early Years education at South View School, where every child's potential is nurtured and celebrated. Admissions are open for the 2023-2024 academic year, from FS1 to Year 12 and we are waiting to welcome you to the Southview family!



To learn more, please visit www.southviewschool.com, email admissions@southview.ae or call us on +971 4 589 7904. Alternatively, scan the QR code to enquire now and book a tour.

SCHOOL & FAMILY BREAKS



This month we focus
on two incredible
staycations that put
families first!





THE ULTIMATE ALL-INCLUSIVE FAMILY STAYCATION!

A staycation here in the UAE can be the best way to refresh - we recommend the Rixos Bab Al Bahr, in Ras Al Khaimah as the perfect family destination!

The resort is an easy and scenic drive from Dubai, taking just an hour and a quarter. You'll likely spot a few curious camels along the road, who might want to take a peek in your car window, delighting any kids in tow. And very soon after the camel-spotting, you'll be at the resort.

Rixos Bab Al Bahr in Ras Al Khaimah is a very special all-inclusive family resort that has a powerfully relaxing effect, regardless of how long or short your stay is. As a busy mama in need of a break, don't underestimate how much the all-inclusive aspects and brilliant kids club add to your wellbeing!

taking a relaxing dip in the warm shallow shoreline; couples taking a stroll at the water's edge and clear blue sea stretching all around. Visiting the resort, you'll find scenes of picture perfect happiness, with people of all ages enjoying themselves in this little slice of holiday paradise and relaxation.

If you enjoy an active vacation, there is beach yoga all through the day, a state-of-the-art gym, lots of watersports options, a variety of pools around the resort and the coolest beachside gym you'll ever see. Crafted from natural wood, it provides the most memorable location for an outdoor workout!

LOCATION AND AMENITIES

Situated on pristine white sands on the peaceful Marjan Island of Ras Al Khaimah, the Rixos Bab Al Bahr RAK is designed for family fun, entertainment, activity and relaxation.

You can enjoy a perfect beach break; indulge in a pampering spa treatment and enjoy lazy lunches while your children are having fun times in activity areas for all ages. During your break, you can enjoy stunning nightly entertainment shows, beach games, diving or watersports - all punctuated with fabulous food and cuisines to suit everyone.

If you take a walk and cast your eye around the Rixos Bab Al Bahr resort, you'll see little kids busy making sandcastles; families enjoying snacks while their children buddy up to play; jet skis buzzing around out in the sea; smiling friends playing beach volleyball games; people

FACILITIES FOR CHILDREN

On your staycation, you'll notice happy, busy children all around. You may see them excitedly jumping in the family pool, climbing on the frames and slides of the play area, or hard at work in the kids' activity centres. You'll also find a dedicated teenagers' games lounge where teens hang out, play games and make friends - or even play solo on the screen games.

The Rixos Bab Al Bahr RAK has vibrant, well-equipped supervised spaces for children of all ages, that include all manner of fun and creative activities, including pizza-making and painting. They even get their art displayed for parents to see their achievements - sure to be a treasured souvenir of your vacation trip!

Rixos Bab Al Bahr offers you the perfect family summer experience, all-inclusive to residents across the UAE.

To book your stay, visit: www.rixos.com/en/hotel-resort/rixos-bab-al-bahr.



RADISSON RESORT RAS AL KHAIMAH: A TRANQUIL OASIS FOR FAMILY STAYCATIONS

Nestled on the pristine Marjan Island in Ras Al Khaimah, the Radisson Resort is a haven of tranquillity that promises an unforgettable family staycation or a romantic getaway for couples.



With its array of facilities for all ages, the Radisson Resort offers a perfect blend of relaxation and recreation, set against a backdrop of breathtaking natural beauty. In this review, Kay Marham takes a look at some of what it has to offer your family!

FAMILY-FRIENDLY FEATURES

The Radisson Resort Ras Al Khaimah truly shines as a family-friendly destination. Upon arrival, we were greeted by warm, friendly and helpful staff that made us feel like we had a 'personal care squad!' One of the standout features for families is the comprehensive play facilities

for children, which are centred around a well-supervised pool area, complete with water slides, plenty of splashing and the sound of children having an absolute blast! This in and of itself is a magnet for kids, as they're all enthusiastic to join in the water play.

BEACH BLISS

The resort boasts direct access to its own private beach - and not just any beach. There is something very special about the beach area of the Radisson, that makes you feel like you are on your own little slice of pure island paradise. You'll need beach shoes because you'll come



across some prickly shells dotted on the sand, but who cares?! It's safe, the water is warm, shallow, clean, refreshing and heavenly. On this beach, perhaps more than on any other I've experienced in the UAE, you truly feel a million miles away from the world!

FOOD AND DINING OPTIONS

With the kids safely splashing away in their area and you relaxing on the beach with a good book, you won't have to leave the resort to find delicious buffet-style meals all day at the resort's RBG restaurant! Mediterranean dishes are served at the La Med restaurant and you can enjoy fresh fish and seafood at the Seafood Shack. The shisha terrace is also a

great spot for post-dinner chilling. For snacks and drinks any time, the resort's Bake House offers a variety of sandwiches, snacks and a pick-me-up coffee.

BREATHTAKING SUNSETS

One of the most mesmerising aspects of my stay was the breathtaking sunsets that graced the horizon each evening. The resort's beachfront location allowed us to witness these awe-inspiring vistas in all their glory. Watching the sun slowly dip below the horizon while casting dramatic hues of peach, fire orange and vibrant pinks and purples across the sky was an experience that left us in utter awe of the magic beauty of this resort and its private beach.

PEACE AND TRANQUILLITY

The Radisson Resort Ras Al Khaimah, despite its many family-friendly features, excels in providing a peaceful and tranquil atmosphere. The well-maintained grounds and thoughtful layout of the resort ensured that even during peak hours, we never felt overcrowded. Whether strolling along the beach or relaxing on our room's private balcony overlooking the Arabian Gulf, a sense of calm permeated the air, allowing us to truly unwind and recharge.

CONVENIENT DRIVE FROM DUBAI

The drive from Dubai to the resort takes around 70 minutes, making it an easily accessible destination for both locals and tourists. This proximity allowed us to embark on a spontaneous getaway without the hassle of extensive travel, adding to the overall appeal of the staycation. This could be a great option for a quick and easy weekend getaway for your family, as your schedules become full again with the new school term, and holidays further afield become harder to fit in.

PERFECT FOR FAMILIES AND COUPLES

The Radisson Resort Ras Al Khaimah strikes a remarkable balance between family-friendly offerings and romantic allure. While we enjoyed the vibrant atmosphere and range of activities, the resort also emanated an intimate ambience that couples seeking a romantic break would appreciate. The adult-only spaces, including the serene spa and secluded corners of the beach, provides couples with the privacy and tranquillity needed to reconnect and de-stress.

In conclusion, the Radisson Resort Ras Al Khaimah, Marjan Island, is a hidden gem that offers a world of relaxation, adventure and beauty. Its family-focused facilities, stunning sunsets and serene environment make it an ideal spot for families seeking a memorable staycation. At the same time, its romantic charm and quiet corners make it an enticing destination for couples looking to escape the ordinary.

Whether you're seeking a lively family retreat or a romantic getaway, this resort has all the ingredients to create lasting memories and offer the perfect escape from the everyday grind.

Visit www.radissonhotels.com/en-us/hotels/radisson-resort-marjan-island for more information.

HOME & GARDEN



An easy way to
incorporate the Japandi
aesthetic in your space
and a selection of
homeware picks for
families!

BRINGING THE JAPANDI AESTHETIC INTO YOUR HOME

Incorporate the philosophy of 'Japandi' into your family spaces, using textured paint in a variety of beautiful shades to evoke the calm and minimalism of Japanese and Scandinavian culture, respectively.

Japandi is a popular emerging interior design trend that fuses the Japanese philosophy of 'wabi sabi' with the Scandinavian practice of 'hygge'. 'Wabi sabi' is a way of life that embodies slow living, contentment and simplicity, finding beauty in natural imperfection. 'Hygge' is the word for a mood that is all about comfort, cosiness and wellbeing. Japandi is centred on tranquil, minimalist, and functional interiors that support a healthy, meaningful lifestyle. The distinctive style of Japandi has a deep connection to the earth and nature. It merges sleek, functional Japanese elegance with Scandinavian-inspired modern minimalism. The result is harmonious, tranquil and warm aesthetics through furnishings and paint colours.

Jotun Paints' latest addition to their premium interior textured paints collection is 'Touch of Suede', a paint that offers a unique matt finish with a brushed rustic look. This subtle yet luxurious touch brings interior spaces to life and is ideal for inspiring Japandi interior styles. By including calm and neutral colour palettes with contrasting darker and natural hues, 'Touch of Suede' paint embraces the relaxing grace of Japandi with a textured flair.

Below we look at a selection of paint colours from Jotun's collection that can create Japandi aesthetics when layered with minimalist furniture in your home.

WOODSMOKE

This muted beige with yellow undertones makes a perfect addition for evoking an organic and calming effect, synonymous with Japandi styles. Consider pairing it with warmer wooden furniture and contrasting accents, such as dark black or cool whites, for a welcoming look that is easy on the eye. Blending Scandinavian furniture with clean symmetrical lines also adds to the simplistic charm of this hue.

Jotun Color Code: 0568



SABLE STONE

Giving off a timeless appeal, this muted grey is ideal as a background that reflects the earthy tones in Japandi-inspired interior design. Contrast it with house plants, ceramic accessories, warmer neutral furnishings and loads of natural light to balance the ambience.

Jotun Color Code: 10342



ANTIQUY YELLOW

This warm yellow tone is great for accommodating light and darker-coloured furniture, while creating an antique-inspired feel. Using simple furnishings with a single pastel colour can enhance the overall vintage sensibility of your room, while making the space look clutter-free - a key aspect for achieving the Japandi aesthetic. This hue delicately positions itself without reading too yellow or too orange, instead helping you attain a homely atmosphere.

Jotun Color Code: 1392



SENSES

This golden pink paint choice exudes the airy and delicate mood commonly associated with Japanese styles. The colour works well as an accent to greyish muted tones and can be incorporated in functional accessories, such as vases and open shelves, to showcase the simplicity and practicality of Japandi.

Jotun Color Code: 2024



You can learn more about Jotun's 'Touch of Suede' paints by calling 800.JOTUN or using the Book-A-Painter service on www.jotun.com. The paint can be purchased directly from any of Jotun's authorised retailers in the UAE.

HOMEWARE PICKS FOR FAMILIES

This month, we look at some of the popular products and furniture pieces that could be useful for your family life and your home.



STROLL IN STYLE WITH COYA

CYBEX has introduced COYA in the Middle East, a new ultra-compact travel stroller, the most sophisticated and technologically advanced stroller in their offering. COYA was created and engineered with class-leading safety features, innovation and the utmost attention to detail. With a whole host of new and improved features, this dynamic and versatile stroller is an ideal travelling companion for modern families.

Features

The stroller can be used from birth to approximately four years old. Both newborns and toddlers can enjoy extra comfortable naps on the go thanks to COYA's ergonomic lie-flat

and integrated, adjustable leg rest features. At the same time, it can be used from birth as a travel system, compatible with any award-winning CYBEX infant car seat, which can be placed on the stroller.

Safety

In addition, the one-pull harness secures a child safely in just a few seconds, making this stroller the perfect companion for any change of scenery, ensuring maximum agility for parents on the go.

Ease

Finally, COYA is hand luggage compatible and can be effortlessly folded into any overhead compartment, giving parents the opportunity to travel with ease. It is available

in a modern palette of colours: Sepia Black, Mirage Grey, Off White, Peach Pink and Leaf Green.

COYA is now available at all Mamas & Papas stores in the GCC. For more information visit www.cybex-online.com.

KEEP YOUR HOME DUST-FREE WITH DYSON!

Dyson has unveiled three new products for families in the region, including Dyson's most powerful cord-free vacuum, a wet vacuum cleaner, and Dyson's lightest cordless handheld vacuum to date.



The Dyson Gen5detect™

The Dyson Gen5detect™ cordless vacuum offers you unrivalled suction power, even capable of getting rid of viruses in the home. It captures 99.99% of particles while removing dust from the airflow, so you'll never experience a loss of suction. The vacuum will run for 70 minutes, with a brighter light that reveals twice the amount of dust as before and a screen that shows you in real-time when your surface is clean.

The Dyson Submarine™

The Dyson Submarine™ wet roller head, available with the Dyson V15s Detect Submarine and Dyson V12s Detect Slim Submarine vacuums, is their first wet and dry option. The Submarine™ delivers just the right amount of water to effectively remove spills, stains and small debris from hard floors. It has been engineered to distribute water evenly so you get that sparkling 'clean floor' finish. The wet roller head design allows you to effortlessly manoeuvre underneath furniture - cleaning dust, debris and spills from even the most awkward places.



The Dyson Humdinger™

The final product joining Dyson's floorcare range is the Dyson Humdinger™, the most powerful, lightweight handheld vacuum, which traps 99.99% of microscopic particles with no loss of suction. Engineered for everyday quick handheld cleans, the Humdinger's™ compact and lightweight versatility allows you to effectively move between the car, home or hard to reach places - perfect for busy parents!

Shop these products online at [dyson.ae](https://www.dyson.ae).

A BACK-SAVING BABY CARRIER

The Tushbaby Hip Carrier is a great addition for young families on the go, allowing you to travel comfortably with your little one using the power of ergonomics. Designed for convenience and support, it allows you to explore while keeping your baby close.



Clever design

Babies between six months and a year love being held and seeing the world from new heights - but that can get heavy for you pretty fast! Tushbaby's plush, ergonomic seat and belt is designed to evenly distribute your baby's weight - supporting them, while taking

the stress off your arms, shoulders and back. Consider ditching difficult carriers and complicated strap-ins for this simple hip seat that allows for both flexibility and support. Recommended by paediatricians and physical therapists, it's suitable for kids aged 0-3 years.

Features

The seat is stain-resistant, machine washable and comes in different colours, so you'll have plenty of choice in terms of style and it won't be hard to clean. With four different positions, five different storage pockets and a hideable bottle holder, the carrier provides ample space for your child's essentials - letting you simply grab and go!

The Tushbaby Hip Carrier is available for AED 529 at [Crate & Barrel stores or online at \[www.crateandbarrel.me/en-ae\]\(https://www.crateandbarrel.me/en-ae\).](https://www.crateandbarrel.me/en-ae)



ROYAL FURNITURE'S BACK-TO-SCHOOL COLLECTION

Royal Furniture's Back to School collection is here to help you set up your home so that your children are in the mood for school! From ergonomic desks and chairs that support healthy posture, to spacious bookshelves, comfy beds and storage spaces that keep your kids' essentials organised, these modern and durable pieces are the perfect mix of style and utility. Designed to stimulate little ones' productivity and support their learning journey, the collection allows you to take your child's learning environment to the next level!

Shop now at [royalfurniture.ae](https://www.royalfurniture.ae) or visit any of their stores across the UAE.



PAN HOME

PAN Home is a great place to look for evergreen pieces that are an investment in the aesthetic of your family home. Here are our current favourites:

Earthiness

Earthy tones evoke relaxation and calm. Handwoven with natural materials that are consciously sourced, the Naturalle Jute Round Rug (AED 299) is a great, environment-friendly flooring option. It features a soothing hue and an interesting texture, adding an extra dash of cosiness to your family living area.

Light

Glass furniture continues to remain stylish. The Pyrus Glass End Table (AED 395) is a sleek, contemporary piece that enhances and opens up your space. Versatile, clean and elegant, this table can be integrated into any style of décor, creating a visually lighter family environment.

Nature

Weaving in décor crafted from natural materials throughout your house helps bring character to your space. The chic Requiem End Table (AED 395) is made from solid, natural wood, which has an organic warmth that will bring a sense of peace and harmony into your family home.

Browse at one of [PAN Home's showrooms across the UAE or online at \[panhomestores.com\]\(https://www.panhomestores.com\).](https://www.panhomestores.com)

GOOD LIVING



Athleisure that makes
you feel your best;
repairing your skin
barrier; the beautifying
properties of tea
and some exciting
competitions!



FIVE TIPS TO STRENGTHEN YOUR SKIN BARRIER

*Here are some straightforward ways to
improve your skin barrier and reveal a
dewy, healthy complexion.*



The health of your skin barrier determines how radiant and youthful your skin looks. Your skin barrier acts as a protective shield, preventing harmful substances from entering the skin while retaining moisture and essential nutrients. By strengthening the skin barrier, you can achieve more of a glowing complexion and reduce a variety of skin issues and flare ups.

A WEAKENED BARRIER

If your skin struggles to maintain moisture, feels irritated or is often itchy, you might be suffering from an impaired skin barrier. A change in skin colour could also be an indication that your skin barrier has been compromised; it might appear redder or ashier than usual. The good news is that reworking a few steps in your daily skincare routine can help restore this integral part of the skin and boost its natural microbiome. Here are five tips from Minimalist that can help repair and build a resilient skin barrier.

SIMPLIFY

The first step towards a healthier skin barrier is stripping down your daily routine and keeping it simple. This can be particularly helpful if your skin barrier has already been compromised, as you want to eliminate any triggers and go back to basics. Think cleanser, serum and moisturiser - and try to put a pause on using retinoids or overloading on strong acids. The Minimalist range is fragrance-free and non-comedogenic, making it a good skincare option when paring back on ingredients.

SERUM TIME

Hydration is key to a healthy skin barrier. The best way to boost hydration is to incorporate serums that are enriched with hyaluronic acid to lock in moisture and strengthen the skin's natural defences. The Hyaluronic + PGA 02% Serum (AED 39.99) from Minimalist is a hydrating booster with 4 different types of Hyaluronic acid to provide you with a multi-level hydration throughout the day.

CERAMIDES

Swap your daily moisturiser with a ceramide rich option, such as the Ceramides 0.3% Madecassoside (AED 39.99) from Minimalist, if you have oily skin. You can use the Ceramide 0.3% with Bisabolol (AED 39.99) instead, if you struggle with dry skin. These everyday



moisturisers are packed full of ceramides to restore your skin barrier and prevent any moisture loss, helping to soothe and repair skin damage.

SUNSCREEN

Excessive sun exposure is one of the main causes of a weakened skin barrier, and this is particularly relevant to women in the region! Protect your skin from harmful UV rays by applying a broad-spectrum sunscreen, which will minimise the damage caused by UV exposure.

KEEP IT COOL

Although often relaxing, hot water can strip the skin of its natural oils, fats and proteins - which are essential for keeping your skin healthy. It can also cause unpleasant conditions such as redness and itchiness. Cooler or lukewarm showers are easier on the skin and will maintain its natural hydration better, so it looks radiant and healthy.

By implementing these five simple steps, you should see a change in the look, feel and strength of your skin in no time!



THE BEAUTY SECRETS OF TEA



I wanted to share an interesting range from TWG Tea that beautifully captures the synergy between health, wellness and the age-old tradition of tea drinking. For centuries, tea has been treasured for its healing powers and wellness properties. From white teas to black teas, this beautifying and balancing drink is rich in vitamins, zinc and antioxidants, combining the best of beauty and wellness in a teacup. These are my top picks for a healthier, more radiant you.

RESTFUL SLEEP

To relax and calm the body, white tea is considered to have the highest concentration of polyphenols and antioxidants, which lower your body temperature and stimulate your immune system. White Sky Tea is a union of majestic Yin Zhen white tea leaves and ylang ylang flowers - heaven in a teacup, and a lovely treat on the way to bed.

REVITALISING TIRED EYES

To overcome tired eyes, place two cool, pre-infused tea bags on your eyes for a few

minutes. The natural tannins and vitamins in the tea stimulate the contours of your eyes and revitalise your skin, leaving your peepers fresh and rejuvenated. French Earl Grey, a classic black tea delicately blended with citrus fruits and French blue cornflowers, is great for bringing your eyes back to life.

CHAPPED LIPS

Apply a cool, pre-infused tea bag to your lips to promote cell renewal and follow this with a coat of natural lip balm to protect your lips from the drying effects of air conditioning, cold or wind. I recommend Sweet France Tea, a graceful TWG Tea blend that combines green tea with exotic flowers and a touch of chamomile.

SWEET BREATH

Tea can help prevent the onset of dental decay, while the tannins in tea sweeten your breath. For a fresh-tasting mouthwash, choose Marrakech Mint Tea, a wonderful blend of raw organic whole Moroccan Mint leaves, which brews a wonderfully crisp cup of tea that is perfect for this.

ALLEVIATING SUNBURN

To alleviate sunburn, try soaking in a cool bath mixed with six to eight litres of a strong tea infusion. It will contribute to the regeneration of skin cells, as tea contains zinc and vitamins A and B. 1837 Black Tea is my choice here. It's a unique blend of black tea with lofty notes of fruits and flowers from the Bermuda Triangle, which leaves a gorgeous scent of ripe berries, anise and caramel.

BRIGHTEN BLOND HIGHLIGHTS

To brighten blond hair, prepare a generous infusion of chamomile with a spoon of fresh lemon juice and apply this to clean, dry hair. Expose your hair to the sun for a few hours for natural golden highlights. Soft and soothing, these rare TWG Tea chamomile flowers boast a rich honey aroma, yielding a golden, theine-free cup, ideal for helping your highlights pop!

With teas costing between 109 and 172 AED, and available at Dubai Mall and Mall of the Emirates, it's definitely a local luxury worth exploring, with lots of choice for health enthusiasts looking for a fun way to boost their wellbeing.



EDITOR'S FASHION PICKS FOR KIDS

Here are my September fashion recommendations for little ones, from clothes that last, to back-to-school essentials.



SLOW FASHION WITH SUNDAY'S CHILD

Sunday's Child is an exciting new home-grown slow fashion brand for children that offers a beautiful collection of linen clothing. The resizable outfits are not only made of high quality, sustainable fabrics but are cleverly designed to grow with a child and last years.

Local roots

The collection is designed by locally based mum-of-two Emma Wilkinson. Emma was inspired to start creating clothes for her own children because she found herself cycling through outfits every couple of months as her kids grew. When friends also started asking her to make clothes for them, she became conscious of the environmental impact this must have. Knowing she could help make a difference, Sunday's Child was born.

Purpose and quality

Their tag line is 'purchase with purpose' and this is clear in all they do. Simply put, their clothing is designed to grow with your child, which is not just great for parent's wallets, but

also the environment. Sewing with high-quality materials and meticulous attention to detail, their clothes are more durable and long-lasting than mass-produced clothing.

Sustainability

The Sunday's Child collection is made locally to order, to minimise waste and transit, from highly sustainable, regionally sourced, 100% pure linen.

In addition to the main collection, Emma has also launched a pre-loved service, so when children do eventually grow out of their clothes, they will be donated to families in need.

Visit www.sundayschilddubai.com to shop this collection.



GET READY WITH NEXT

As parents get used to a new school year, I wanted to share NEXT's back-to-school collection with you, a selection of the trendiest and most essential school items that kids need as they return to the classroom.

From chic school attire to must-have accessories and trendy footwear, NEXT has your family in mind, with all the basics covered. From formal trousers, white shirts, pleated skirts, bags, cardigans and more, you are sure to find what you're looking for here!

Visit www.next.ae/en for more details.



FUN FOOTWEAR WITH ECCO

ECCO'S back-to-school collection is designed with children aged 4 to 17 years old in mind. The collection seamlessly blends premium materials with contemporary designs, ensuring day-long comfort for your child, in the classroom and beyond.

Variety

ECCO's footwear is reliable and durable, all while maintaining a feather-light and adaptable design. From sophisticated all-leather formals, to high-performance sports shoes, the collection offers lots of choice, including quick-fastening straps that allow kids hassle-free wearability.

Comfort

ECCO's meticulously engineered soft and lightweight soles are designed to envelop kids' feet in all-day support, complemented by a premium textile lining for proper breathability. For sports enthusiasts, ECCO's innovative SHOCK THRU material provides remarkable shock absorption with every step.

Backpacks

The back-to-school range goes beyond footwear, offering an assortment of lightweight backpacks, crafted from the finest materials. Enhanced with plush padded shoulder straps, these backpacks give your child both style and comfort.

The collection is now available online at www.ecco.ae/en and across all stores.

This month, I look at simple ways to look good and feel good, from bathing rituals to glowing skin.



EXERCISE IN STYLE

Feeling good in your clothes as you exercise is very important! Founded in Dubai, NO-VA ATHLEISURE is an athletic leisure brand that is focused on bringing comfortable active apparel that is unique and innovative to women and men in the region. Why not treat yourself to an activewear ensemble from this local brand? Their new women's collection embodies more than just fashionable attire; it encapsulates style, comfort and empowerment, all harmoniously woven into each set.

Priced from 200 AED, you can purchase online at www.no-va.co

GET YOUR GLOW ON



Give yourself the gift of great skin with a luxe moisturising cream from Watson's star brand, Nimya. Nimya's 'Where It All Starts Moisturising Cream' (AED 144) creates a perfect canvas for luminous skin, but also helps prime your face for those heavier makeup days. Apply the cream before your foundation for a long-lasting, soft base throughout the day. Alternatively, wear it alone for a gorgeous, radiant and natural base. If you feel like it, consider adding some drops of Nimya's 'Licence To Glow Serum' to dial up your skin's radiance.

Both are available to purchase in stores and online at www.watsons.ae.

KEEP COOL WITH LUSH

Taking a bath is known to be a quick and easy way to feel refreshed, reduce stress, wake you up and even keep your skin and hair looking their best. To keep your cool both in and out of the bath, LUSH offers anti-humidity, cooling solutions to help turn your self-care routine up a notch. Here are my recommendations from LUSH to help you chill out and unwind this month.



Breath Of Fresh Air Toner

Beckon a bracing sea breeze with a spritz of cooling Fair Trade organic aloe vera gel and soothing seaweed absolute, keeping your complexion clean and revitalised for the long-haul. Be transported to the Dorset coast, if only for a second, to feel refreshed and restored. Priced at AED 70/AED 120.

Ippuku Ryo Cooling Mini Bath Bombs

This Ippuku small bath bomb set has been crafted alongside Lush's creative team in Japan, for whom bathing is an art form. Each 45g bath bomb (AED 75) uses ingredients found in traditional remedies. Ippuku Ryo is a trio of refreshing, nutrient-dense seaweed bath bombs, for a calming self-care session inspired by the Japanese art of restorative bathing.

Montalbano Shampoo Bar

Made with brightening Sicilian lemon oil, lemon juice and fresh olives, this will make your hair shine bright like a diamond from root to tip. It also contains rosemary to help keep irritated scalps soothed while leaving your locks smelling fresh and citrusy. Priced at AED 80.

Whoosh Shower Jelly

Grapefruit and carrageen seaweed help you bounce back to brilliant, whilst protective honey water gently cleanses the skin. Perky, energising grapefruit and lemon oils tone your skin and blast away sleepiness. Priced at AED 60/AED 120.

For more information, visit www.lush.com/mena/en_ae.

COMPETITIONS

motherbabychild.com/competitions



WIN! A DINE-IN EXPERIENCE FOR MINI AKIBAS IN DUBAI HILLS MALL, WORTH AED 500

Step into the vibrant back alleys of Japan at Akiba Dori, Dubai Hills Mall and embark on a foodie adventure with the newly launched Mini Akibas menu. Infused with the colourful energy of Akihabara, the Mini Akibas menu was tailor-made for young food lovers to present modern Japanese favourites in an exciting way. Created with the invaluable input of a young foodie, the Mini Akibas menu offers an array of non-spicy, fuss-free, easy-to-eat delights like the 'Graffiti Roll' which was even named by a 9 year old. For kids aged 12 and under, Mini Akibas promises an electrifying journey for families entering Akiba Dori's neon world. Unleash the joy of Mini Akibas with a voucher worth AED 500.

WIN! FOUR DAY TICKETS TO LEGOLAND® WATER PARK, WORTH AED 1,320

LEGOLAND® Dubai Resort welcomes families with kids aged 2-12 years to experience the exciting world of LEGO®, including LEGOLAND® Dubai Theme Park with over 40 LEGO® themed rides, shows and building experiences; and over 20 family-friendly LEGO® themed water slides and attractions at LEGOLAND® Water Park. Enjoy awesome 3-in-1 playcations at the region's only LEGO® themed hotel, which offers over 250 LEGO® themed rooms and two family restaurants. This month, you can win four day tickets to LEGOLAND® Water Park for a fun family day in awesome LEGO® themed water slides and attractions. Become an Annual Pass member today for year-round access and relish cherished memories with the Annual Pass Make and Take LEGO® Building experience. UAE residents can avail of the Hotel Resident Rate playcation offer at LEGOLAND® Hotel for the whole family, for stays until the 15th October 2023.



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! TWO VOUCHERS FROM SEDAR GLOBAL INTERIORS, WORTH AED 3,000

Add a little magic to your kids' space with Sedar global Interiors. This month, they are giving away two vouchers worth AED 1,500 to spruce up your little one's home space. So, unleash your inner decorator and choose from unique made-to-fit and custom design kids wallpaper and fabric collections – perfect for blinds or curtains. Print any photo, pattern, design or character your child chooses onto wallpaper and blinds, or choose from an array of house collections showcasing the latest trends, from whimsical candy pink and lavender hue prints to charming woodland murals.

WIN! A VOUCHER FROM RISEN CAFÉ AND ARTISANAL BAKERY, WORTH AED 500

Win a voucher from Risen Café and Artisanal Bakery, worth AED 500! Indulge in a sustainable, homegrown experience, featuring locally sourced ingredients in every dish. From delectable artisanal breads to handcrafted coffee, Risen promises quality. Taste the essence of Risen this September and seize the chance to savour and win big!



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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