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Mother Baby & Child

THE DANGERS
OF FAST FOOD

SCHOOL
SUCCESS TIPS

NAVIGATING
WORRIES

HEALTHY
LUNCHBOX
SNACKS

TEN
EDUCATIONAL
APPS

COPING WITH

PET LOSS



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EDITOR'S LETTER

Hello Mum!

With the school year well underway, every mum is back into the swing of the term time routine! For some kids, the classroom can bring along a whole host of academic, social and personal pressures. Considering the influence this has on children's happiness, I decided to dedicate the entire Education Section to exploring the key touchpoints of a successful experience at school, because I believe it will be helpful to many parents around the UAE this year. Make sure to give it a read on page 33.



Staying on the topic of wellbeing, Mental Health Awareness Day takes place in October and so we've carried a thought-provoking piece on page 18, all about minding young minds. It looks into how positive parent-child relationships can make all the difference to our kids' mental health, as well as daily ways you can foster that connection with wellbeing in mind.

Last month, I talked to you about the growing rates of childhood obesity in the region. Continuing in this vein, I was very interested to talk with Sohaib Masood, CEO of Pepe's Piri Piri, about how the growing availability of fast food options raises significant concerns when it comes to children's health. We had a detailed chat about how fast food affects kids, how consumption is on the rise and how best to address this as parents (page 16).

On page 28, you'll find an article that discusses a tough hurdle in the parenting world, and that is how to help your little one deal with the loss of their beloved pet. This is a really difficult, emotionally challenging situation that many families will come across at some point. It's best to handle your child's feelings with care and gentleness, while helping them grieve as healthily as possible. Make sure to take a read, as this is a delicate issue that needs a carefully considered approach!

On page 23, we delve into navigating worry in young children. This can present in so many different ways and is important to tackle in a reassuring and supportive manner, before worries get in the way of little ones' confidence or social development. It's also Breast Cancer Awareness Month, and so I've included some of the #Pinktober events and activities happening in support of this worthy cause, alongside the usual monthly roundup of things to do.

Elsewhere, we look at some beautiful gemstone candles (page 45), the Scandinavian beauty secrets you should know (page 46) and the potent new range from Boots Pharmacy that works magic on your skin (page 48).

As usual, I'm not going to spill all the beans here and I hope you'll enjoy discovering this edition for yourself, including two pages of cool competitions this month!

Happy reading!

Ella

Editor

Mother, Baby & Child Magazine

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Editor's PICK

BRING BACK THE GLOW WITH GOLD COLLAGEN SUPPLEMENTS

I'm beyond excited to tell you that the latest way to combat ageing skin is here! Nourishing your skin from within is one of the best ways to maintain a youthful, healthy appearance. Gold Collagen is a drinkable, anti-ageing supplement that is available in three formulas, targeting specific areas for different types of individuals and needs.

Pure Gold Collagen

Perfect to tackle early signs of ageing, Pure Gold Collagen is ideal for men and women over 25. Just one shot each day can promote healthy, radiant skin, as well as strong, glossy hair and nails.

Gold Collagen Forte

Specifically formulated for women over 40, Gold Collagen Forte is boosted with antioxidants, evening primrose oil and hyaluronic acid. The perfect collagen anti-ageing recipe, it helps fight visible signs of ageing, reducing the appearance of wrinkles and pigmentation, while supporting immunity and hormonal activity.

Active Gold Collagen

Active Gold Collagen is for men and women with busy and sporty lifestyles. This formula supports joints, muscles and hair growth while providing you with your daily boost of energy.

The range is available for purchase from www.beautyethic.com and leading pharmacies in the region.





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DELICIOUS INDULGENCE DELIVERED TO YOUR DOOR

If you love lobster rolls, then I've got great news for you! Homer Lobster has just announced its expansion on two home delivery giants, Deliveroo and Careem. Following a successful launch in DIFC, Homer Lobster is on a mission to bring the irresistible world of lobster rolls to your doorstep. Here are three of their outstanding offerings:

Homer Lobster Roll Classic

Sample the succulent flavours of lobster and crayfish meat, artfully blended with their signature Homer mayonnaise, zesty lime and crisp spring onions, the Lobster Roll Classic is a real hit.

Homer Lobster Roll Connecticut

Meet the truly delicious Lobster Roll Connecticut. This lobster roll is bathed in warm lemon butter, a delicate hint of Homer mayonnaise and a secret blend of herbs. You don't want to miss it!

Homer Lobster Roll Caviar

Feeling indulgent? Try the Lobster Roll Caviar! With juicy lobster and crayfish meat, a touch of Homer mayonnaise, lemon butter, chives and a lavish topping of Oscietra caviar from France, this elegant take on the lobster roll is simply unmatched!



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THINGS TO DO



Breast Cancer Awareness
events; brunch and a
movie; creative workshops
for adults and more!



SINK INTO THE COLD WITH RESYNC

In honour of Resync's third anniversary, the team is excited to introduce you and your friends to the incredible world of whole body cryotherapy. For just AED 300, you and two friends can step into Resync's state-of-the-art whole body cryotherapy chamber for an exhilarating three-minute experience of the benefits of extreme cold therapy, where the temperature reaches an unbelievable -110°C ! The perks of cold therapy are well-documented, from boosting mood and immunity, to improving blood circulation, recovery and collagen levels.



Resync's new Ladies' and Men's days present a unique new activity to try out with your friends, one that comes with a whole host of health benefits. Your session will start with a fifteen minute red light therapy treatment. Using red and near-infrared light, this can help to heal injuries, reduce muscle soreness, relax your joints and improve your circulation.

After the red light therapy, it's time to brace yourself for the cold of whole body cryotherapy. The three frosty minutes that follow will boost your endorphins and immunity, leaving you feeling blissful and rejuvenated. For just AED 700 for two people, this is an experience that your body will thank you for!

Visit www.resync.ae for bookings and more information.

TAKING CINEMA DAYS TO THE NEXT LEVEL WITH ROXY

Do you want to elevate your weekend movie-watching experience? Then look no further! Combining two of Dubai residents' favourite pastimes - brunch and films - Roxy Cinemas invites cinemagoers to indulge in its Saturday brunch, while watching their favourite movies. This novel experience combines culinary excellence with the joy of film in a relaxed weekend escape.

Guests can enjoy a three-course meal featuring a refreshing mocktail, tantalising appetisers, mouthwatering main courses and irresistible desserts, carefully crafted to appeal to a wide range of tastes.

For those craving classic cinema treats with a gourmet twist, the brunch menu boasts options like the juicy buffalo chicken burger, featuring crispy chicken breast smothered in spicy buffalo sauce, or the succulent lobster roll, where buttery lobster meat and yuzu mayo are served in a soft, toasted bun. If you've got a sweet tooth, the burnt butter toast awaits - a simple yet indulgent delight of caramelised brioche slathered with whipped burnt butter and served with caramel ice cream.

This all takes place in Roxy Cinemas' stylish Platinum lounge, where guests are invited to choose a starter, main course and dessert from the extended menu. Brunchers can either dine in the lounge, savouring each course with friends, or have their selected courses delivered directly to their seats in the auditorium, ensuring all enjoy the experience in their preferred way.

Price: AED 289 per person

Location: Select Roxy Cinema locations including Dubai Hills Mall, City Walk, JBR and Boxpark

Time: Every Saturday from 12pm to 6pm



MORE CRAVINGS AIMS HIGH



With Breast Cancer Awareness Month upon us, More Cravings by Marriott Bonvoy™ reaffirms its dedication to supporting patients and survivors by partnering with the 'Brest Friends' programme, a prominent breast cancer advocacy organisation which works to advance breast cancer awareness, treatment and research. More Cravings is an app that features hundreds of outlets across the UAE. This month, in collaboration with the Al Jalila Foundation, many outlets on the app will be hosting a variety of activities and a range of dedicated #PINKtober promotions. Building on the success of last year's campaign, users of the More Cravings app by Marriott Bonvoy™ can expect plenty of excitement this time around.

Fundraising efforts

Throughout October, a multitude of outlets featured on the app will join forces to raise essential funds for the Al Jalila Foundation in honour of #PINKtober. Last year's campaign was an overwhelming success, raising over AED 600,000 for the Al Jalila Foundation and More Cravings is aiming to hit similar figures again this time round.

A range of events

Throughout the #PINKtober campaign, participating venues will come to life with a diverse range of activities, including pink-themed brunches, ladies' nights, delightful afternoon teas, engaging raffles and invigorating wellness events. Among these exciting offerings are 'Pinktober in The Market,' 'Bar-B Spa Pinktober,' 'Pink Carnival Brunch,' and numerous others. In a gesture of solidarity, each participating venue will allocate a portion of their proceeds from the #PINKtober campaign to support the efforts made by the Al Jalila Foundation.

"I am immensely proud of the impact the previous years' #PINKtober campaigns have had on raising funds for the Al Jalila Foundation. These campaigns hold immense significance for Marriott, as they embody our steadfast commitment to making a tangible difference in the lives of patients and survivors of breast cancer and their families. Over the years, we've witnessed the growing support and engagement in this campaign, and this year, we're even more enthusiastic and hopeful about our ability to effect positive change in the UAE" says Michel Nader, Area Vice President of Marriott International in the UAE.

Dr Amer Al Zarooni, CEO of the Al Jalila Foundation, tells us "The participation from so many outlets each year is truly inspiring, as these fundraisers contribute significantly to our ongoing efforts to advance breast cancer awareness, treatment and research. Together, we are making a meaningful impact on the lives of patients and their families."

Get involved!

Throughout the month, you will be able to access a full lineup of exclusive culinary events conveniently through the More Cravings app. By booking a table through the app, you can not only indulge in an incredible choice of sensational dining venues, but also support the #PINKtober initiative. Whenever you dine in any of the participating #PINKtober venues this October, a share of the total bill will go towards the Al Jalila Foundation's charitable efforts.

The More Cravings app is available to download from the Apple Store and Google Play store.

NEW CREATIVE WORKSHOPS FOR ADULTS

Osteria Mario and Shvili have announced a loaded workshop calendar from October to December, where you can meet new people, explore your creative side and enjoy some delicious Georgian and Italian food along the way.

Already hosting free kids' cooking classes and nature-based activities, the new calendar, inclusive of adult classes, kicks off this month with new and exciting sessions that are perfect for anyone looking to get creative. Areas include art, tie dye, painting, terrarium building and tote bag decorating at Shvili and Osteria Mario locations around Dubai.

In addition to the workshops, Osteria Mario Dubai Marina is also introducing weekly yoga classes on its stunning rooftop terrace, every Sunday between 9 and 10 am, inclusive of a delicious breakfast.

You can check out the workshop calendar for your chosen venue to view and book classes, filled with new activities for both adults and little ones. As winter approaches, Osteria Mario and Shvili will offer special seasonal-themed workshops and they advise you to keep an eye on the calendar, which is updated weekly, to secure your spot and find out the full details.

Visit www.osteriamario.ae or www.shvili.ae for more information.



THINK PINK AT SARAY SPA



In support of Breast Cancer Awareness Month, Saray Spa at Marriott Resort, The Palm is thrilled to announce its transformation into a pink oasis throughout the month of October. In a touching gesture, Saray Spa is committing to donating half of

the proceeds from their most beloved spa treatments, including the 'Complete Wellness Experience' and 'Your Inner Strength,' in support of the Al Jalila Foundation. To add to the appeal, Ivy Beauty and Bubbles Hair Salon will be surprising all spa guests with vouchers for hair services during this inspiring month.

As soon as you step through the doors, you'll be greeted with a refreshing glass of berry iced tea and presented with a choice between two rejuvenating treatments, thoughtfully crafted to offer solace and peace. The 'Complete Wellness Experience,' priced at AED 910, unfolds over 150 minutes of inner and outer renewal, featuring a unique massage and a holistic skin treatment. Alternatively, the 'Inner Strength Nourishing Body and Face Treatment,' available for AED 700, is a 90-minute session designed to boost your confidence through a full body massage and a mini facial with an invigorating pink clay mask. Both options sound amazing!

Upon completing your treatment, you can savour pink themed cookies and, as an additional token of appreciation, you will also receive a complimentary Inner Strength Roller Ball massage oil to take home. The Inner Strength roll on aroma is made up of clary sage, frankincense and cardamom, for some aromatherapy on the go.

These treatments offer a perfect opportunity to give back to the community, supporting a very worthy and important cause.

**Saray Spa is open daily from 10am to 10pm.
For more information, or to book a treatment, visit www.sarayspathepalm.com or call (0)4 666 1515.**

WELLBEING



Minding children's mental health; why mothers should weight train; the dangers of fast food and more!



HEALTHY LUNCHBOX SNACKS

Here are three organic, nutritious and tasty snack ideas from Taste Estonia to liven up your child's school day.

Snacks form an important part of the school routine and it's important to bear in mind the impact the food kids consume has on their performance and concentration at school. Including delicious and nutritious snacks in your children's lunchboxes will not only keep their bodies fuelled and nourished between meals, it will also enforce healthy eating habits in the long run.

Known for its 'smart food' approach, quality ingredients and innovative concepts, Taste Estonia is proud to be driving quality and sustainable foods in the region. With its range of healthy, natural and organic produce, Taste Estonia has introduced a range of snacks that aim to make school lunches straightforward and healthy.



folic acid and phosphorus. The berries are also high in fibre, making them the perfect superfood to add to your child's daily breakfast or as a snack during the school day. Just add 1-3 teaspoons of LOOV wild berry powder to smoothies, morning porridge or granola. You can also blend it into yoghurt or other milk products, to make a colourful berry drink or chia-pudding for your little one to enjoy.

MUST UMAMI BLACK GARLIC

Must Umami is an organic black garlic range, grown without plant chemicals or artificial fertilisers - making it good for your child's body and the environment. The garlic is cooked for three weeks at a low temperature with high humidity, which causes the natural sugars to caramelise and the garlic to turn black. The taste of the garlic becomes pleasantly sweet and caramel-like, the consistency becomes like marmalade and the health-promoting properties multiply. Black garlic has antioxidant and immune boosting properties that could be a source of vitality and strength for your little one through the cooler months. You can use the black garlic paste as a spread on crackers or as a dip that could be paired with other veggies or bread sticks. Don't worry - unlike normal garlic, this has a remarkable umami taste that doesn't leave behind an unflattering aftertaste or smell!

Rosiku chocolates and Must Umami are available for purchase from Kibsons, while LOOV is available on Amazon.ae.

ROOSIKU VEGAN CHOCOLATES

Rosiku chocolates are a healthy alternative to regular sugary snacks. Made from the best organic, natural and vegan ingredients, they offer kids a nutritious and tasty sweet treat in their school lunch. Rosiku chocolates are packed full of vitamins, minerals and antioxidants, and an assortment of their products are made with freeze-dried berries which add a delightful nutrient boost. These can serve as a healthy addition to lunches or as a treat after school for all the family.

LOOV ORGANICS

LOOV offers a range of delicious, healthy, freeze-dried wild berries handpicked from the cleanest Nordic forests of Estonia. The dry freezing process helps preserve the taste, colour and nutrients in these wild berries. They have strong antioxidant properties and a plethora of vitamins and minerals, including vitamin C, K, B6, A, E, iron, calcium, magnesium, zinc, potassium,



THE EMPOWERING BENEFITS OF WEIGHT TRAINING FOR MOTHERS

As a three-time Olympian and former speed skater, Sarah Lindsay is a personal trainer who stands out from the crowd. Here, she talks us through why mothers should consider lifting weights.



In a world that constantly demands our attention and energy, finding the time to focus on our own wellbeing often takes a back seat. As women and mothers, we are natural nurturers, putting the needs of our loved ones ahead of our own. However, in this selfless pursuit, we often overlook the incredible benefits that come with prioritising our physical and mental health. One thing I believe that has the potential to completely transform and reshape anyone's life is weight training.

INNER STRENGTH

Let's be honest, the term 'weight training' might conjure up images of bulging muscles and intimidating gym equipment, but I'm here to reassure you that weight training is not just about building biceps or chiselled abs. It's about tapping into your inner strength, enhancing your overall wellbeing and gaining the confidence to take on life's challenges with renewed vigour.

As a former professional athlete and a personal trainer, I understand the unique demands that women face. We juggle multiple roles, tackle diverse responsibilities and often put ourselves last. It's time to flip the script and recognise that investing in our own health is not selfish - it's a vital step toward becoming the best versions of ourselves for our families and, most importantly, for our own selves.

Nurturing yourself

One of the most common concerns I hear from mothers is the struggle to regain their pre-pregnancy bodies. The societal pressure to 'bounce back' after childbirth can be overwhelming - but let's shift our focus from aesthetics to strength. Embracing weight training doesn't just help you shed unwanted pounds; it empowers you to rebuild your body from the inside out. Pregnancy and childbirth are feats of



remarkable strength and by engaging in weight training, you're not only acknowledging that strength, but also nurturing it.

Energy over aesthetics

Weight training is not about conforming to unrealistic standards; it's about creating your own narrative of strength. It's about saying, "I am capable, I am powerful and I deserve to invest time into my wellbeing." Through resistance training, you will gradually notice changes in your body composition, increased energy levels and a boosted metabolism that continues to work long after your workout ends. Imagine chasing after your little ones with boundless energy or conquering your daily tasks with a newfound zest - all thanks to the positive impacts of weight training.

Mental health

The benefits of weight training extend far beyond the physical. Mothers often find themselves pulled in a million directions, which can lead to stress and anxiety. Weight training acts as a form of therapy, providing a dedicated time for self-care. The rhythmic repetition of lifting weights can be meditative, allowing you to clear your mind and release pent-up tension. The surge of endorphins post-workout creates a natural mood lift, nurturing your mental wellbeing and providing you with the grit needed to face the challenges of motherhood.

Resilience

Moreover, weight training cultivates a sense of accomplishment that resonates through every aspect of our lives. Remember the first

time you carried your child? That feeling of strength and love combined is what weight training nurtures within you. As you progress in your training journey, you'll witness yourself conquering new milestones - lifting heavier weights, completing challenging exercises and breaking through self-imposed limitations. These victories extend beyond the gym, reinforcing the idea that you are capable of accomplishing any obstacle life presents.

THE FIRST STEP

Now, I understand the scepticism that may linger. Time constraints, sleep deprivation and an already busy schedule can make the idea of incorporating weight training seem daunting. However, one must remember that every journey begins with a single step. Start small, set achievable goals and gradually build your routine. Just a few minutes a day can make a world of difference. And here's the secret - you don't need a fully equipped gym to get started. Many effective weight training exercises can be done in the comfort of your own home, using your body weight or minimal equipment.

MYTHS

We also need to address the myth that weight training will make you bulky. This concern often keeps women from exploring the world of resistance training. However, the truth is that women's bodies respond differently to weight training compared to men's due to hormonal differences. The lean muscle you'll gain from weight training will enhance your curves, boost your metabolism and help you achieve a strong, toned physique.

A GOOD EXAMPLE

By embracing weight training, you're not only transforming your own life but also setting a powerful precedent for your children. You're showing them that taking care of oneself is a priority, that strength comes in many forms and that self-love is the foundation for all relationships. As your child watches you overcome challenges and grow stronger, they'll learn invaluable life lessons about determination, resilience and the importance of nurturing both body and mind.

In conclusion, I would invite mothers to embark on the empowering journey of weight training. It's not about fitting into a mould or adhering to unrealistic expectations. It's about embracing your unique strength, both inside and out. Women and mothers have an innate capacity for resilience and determination. Women can channel that energy into a practice that uplifts us, energises us and empowers us to be the best versions of ourselves. Whether you're a new mother or a seasoned parent, the benefits of weight training are within your reach, waiting to transform your life in ways you never thought possible.

Remember, you are more than capable and you deserve to invest in yourself. So, do not hesitate to pick up those weights, lift your spirits and embrace the journey of self-discovery and empowerment together. Your strength knows no bounds - let it shine through weight training and radiate in every facet of your life.

Visit www.roar-fitness.com/dubai to find out more from Sarah Lindsay.



HOW FAST FOOD AFFECTS CHILDREN

We discussed young children's health in the UAE with Mr Sohaib Masood, CEO of Pepe's Piri Piri, and how the growing availability of fast food options in the region raises significant concerns.

The issue of unhealthy eating among children these days is alarmingly high, partly due to the availability of fast-food delivery. On average, children consume processed fast food at least once a week. Not only does this lead to poor dietary choices, but it also involves improper meal timing and a lack of physical activity, which negatively impacts both their young bodies and minds.

A GROWING ISSUE

It's a well-known saying that "you are what you eat" and numerous studies have shown that junk food shapes young brains in ways that impair their ability to think, learn and remember, as well as potentially leading to an increase in aggression and other behavioural issues. Researchers have also discovered that people who regularly consume processed



foods tend to underperform compared to those with healthier diets. In addition to issues related to brain development and neurology, other health complications, such as diabetes, childhood obesity and high cholesterol, are common.

THE IMPORTANCE OF NUTRITION

As mentioned, nutritious whole foods play a crucial role in developing children's physical and cognitive abilities, fostering a healthier mindset and cultivating strong willpower. It's hard to sum up the importance of consistently caring for our bodies throughout our entire lives. If young people consume heavy amounts of junk food, the consequences on their health will inevitably catch up with them as they age. On the other hand, by bringing up little ones on nutrient-dense meals and snacks, you set them up with eating habits that will help them develop properly and preserve their wellbeing all their lives.



Parents play a key role in safeguarding children's health, by providing them with nutritious, high-quality food options and encouraging activity, exercise and sports to support their strength and overall wellbeing.

CHALLENGES

One of the biggest challenges facing families in the UAE is ensuring that kids maintain a healthy, well-balanced daily diet, with the right proportions of carbohydrates, fats and protein. It's so important that children's daily calorie intake aligns with their individual lifestyles, with an emphasis on consuming good calories rather than bad ones.

Convenience food

Unfortunately, the culture of readily available fast food and home delivery services has become a real pitfall to this goal. In today's fast-paced lifestyle, ordering food in or dining out has become a convenient and time-saving

option, and that is so understandable as busy parents. There's nothing inherently wrong with dining out; however, it's vital to be conscious of the food we select for our children. Ask yourself, is the food freshly cooked? Is it nutritional? Don't hesitate to ask the restaurant what kind of ingredients they're using and if their food is fresh or not.

Better choices

The role of fast food is to provide you with quick, processed foods, on-the-go, that fill you up temporarily. Parents can play a key role in preventing kids from developing an addiction to fast food and sugary soda drinks by, instead, opting for whole foods and juices made from real, fresh fruits as a healthier alternative.

A HEALTHY LIFESTYLE

In line with His Highness Sheikh Mohammed bin Rashid Al Maktoum's initiative to support the UAE's economy, local businesses, home-

grown farms and smaller enterprises, we can already see that the country is actively implementing plans to encourage us to eat fresh, locally sourced produce - which is highly beneficial for our children's health. One of the most noticeable things you will see in supermarkets is the variety of vegetables that are produced in the UAE, many of which are organic.

National produce

The UAE's annual vegetable production currently stands at approximately 156,000 tonnes annually, with more than 500 tonnes of field crops and feed, while fruit production is about 200,000 tonnes. Domestic production of vegetables currently meets more than a fifth of the total demand in the country, which is a real achievement.

The right messaging

The best way of promoting a healthy lifestyle in the UAE is firstly from home, then through messaging at school, and finally through advertising and commercial awareness, especially through young children's cartoons. These are the biggest influencing factors on our children.

PEPE'S PIRI PIRI

Pepe's Piri Piri are committed to sourcing local produce and the highest quality ingredients at any given opportunity. Their chicken is fresh, sourced from local farms that are naturally fed and hormone free.

At Pepe's, they focus on offering families and children their flame grilled chicken at an affordable price. The meals come with healthy options, like grilled vegetables, corn on the cob and salads. Their small range of fried products, such as fries, chicken nuggets and some other side items, are responsibly sourced through local suppliers.

Special offer

Pepe's are running a campaign for the month of October, offering families free healthy meal options for their children, all with the aim of promoting the importance of healthy eating and how to dine out in a positive way.

MINDING YOUNG MINDS

This month marks World Mental Health day, a natural opportunity to reflect on how important it is to mind not only our own mental wellbeing, but our children's mental health too.

Every parent wants their little one to be happy and healthy, searching out the best educational programmes, foods, vaccinations etc. to give them the greatest chance possible to thrive. However, sometimes we can overlook the fact that what's going on in their heads is as important as what's happening physically.

GOOD MENTAL HEALTH

Mental health refers to how children think and feel about themselves and the world around them. Good mental health can be thought of as a state of wellbeing in which your child can realise his or her own potential, cope with normal stresses and work fruitfully, while also enjoying life and engaging well with family and friends. Kids with good mental health feel loved, safe and secure. They have a mostly happy and positive self-image and show themselves kindness during tricky times or when things don't go their way. This leads to them being more at ease when attempting new or tough things. They have a resilience that allows them to manage worries, anger and sadness, and to bounce back from trying times.

RELATIONSHIPS

Nutritious food, proper sleep and physical activity are all huge factors to good mental health. However, one of the lesser discussed keys to strong mental health in young people is their relationships at home. Everyday moments can make a huge difference to their mindset and with time, their mental wellbeing. Here are some suggestions that can help your child feel loved and supported within their family relationships:

- ✓ Let your child know that you love them no matter what
- ✓ Use body language to express love, such as eye contact, smiles, hugs etc.
- ✓ Remember to praise good behaviour and effort
- ✓ Make time each day to chat with one another



- ✓ Do activities together such as colouring, sports, walks, board games etc.
- ✓ Be kind and patient, and practice listening to your child
- ✓ Have regular family meals
- ✓ Encourage your child to connect with others where possible
- ✓ Spend time in nature
- ✓ Support and validate your child's passions and interests
- ✓ Reassure them that their feelings aren't 'weird' but perfectly natural
- ✓ Model a positive outlook
- ✓ Help children manage small anxieties so they don't grow into bigger concerns
- ✓ Encourage children to do the things that make them anxious instead of avoiding them, e.g. trying out for sports teams
- ✓ When something is bothering your little one, make sure they know you're there for them, give lots of reassurance and make a plan together to deal with their issue

MANAGING FEELINGS

Emotions are a big part of life and unprocessed ones lead to poorer mental health. Here are ways you can help your child learn to manage their feelings:

- ✓ Talk about emotions and teach kids to recognise and name their feelings

With these tips in mind, you should be better able to give your little one the warmth, care and attention they need to blossom. However, if you have concerns and you think your child needs a greater level of help and support, don't hesitate to seek out professional advice.



VEGETARIAN PROTEIN SOURCES FOR KIDS

A common worry for parents of vegetarian children is whether or not their little ones are getting enough protein in their diet. Let's take a look.

WELLBEING

Protein is a key component of any well-balanced meal. It's a fundamental piece of the puzzle when it comes to your child's growth and overall health. The usual go-to sources for protein tend to be red meat, chicken and fish. However, this doesn't mean that there isn't another way. For vegetarians and vegans alike, there are plenty of options to ensure that your child is getting the recommended daily protein intake.

HOW MUCH DOES MY CHILD NEED?

As children grow, their recommended protein intake changes. Here are the approximate amounts of protein per day to aim for, depending on your child's age:

- ✓ 6 to 9 months - 13.5g
- ✓ 9 months to 3 years - 14.5g
- ✓ 4 to 6 years - 19.5g
- ✓ 7 to 10 years - 28g

Lots of parents struggle to find the time to accurately measure out the protein their child needs. Aiming for multiple sources of protein per day is an easy way to ensure that your little one is getting the nourishment they require.

11 VEGETARIAN-FRIENDLY PROTEIN SOURCES

With these readily-available foods, you'll be able to whip up all sorts of protein packed meals for your little one to enjoy!

Beans

Beans are a super convenient way to get a little bit of extra protein into your kid's meals. With over 7g of protein per 100g, they bring a



much-needed boost to any veggie meal. There are lots of different varieties to choose from, including kidney beans, black beans and baked beans (but keep an eye on the sugar in these!) For school, try popping a bean salad into your little one's lunch box. At dinner time, there are countless ways to incorporate the mighty bean into your family meal!

Lentils

Lentils are another superfood that can bring your child the nutrition they need in a range of different ways. When bought in bulk, lentils are usually very affordable and are easily stored. Packing around 7g of protein per serving, lentils are a perfect choice for a vegetarian or vegan meal. Delicious dhal can be whipped up in no time using red lentils; or a hearty lentil bolognese based on brown lentils is sure to go down well with all members of the family. With a little creativity, lentils can be used as substitutes for meat in all kinds of dishes!

Eggs

With 6-8g of protein each, eggs are a very straightforward (and tasty!) way to help your child get the protein they need to grow and develop. Two eggs per day can also provide up to 30% of your daily vitamin requirements. All the more reason to add a dozen eggs to next week's shopping list! From eggs on toast, to a cheesy omelette, there are so many different ways to serve them up to your children. Whether they're fried, scrambled, boiled or poached, eggs certainly deserve a spot in every family's weekly meal plan.

Milk

Milk can be a wonderful source of protein for children. With around 7g per serving, a glass of milk with a meal will definitely account for a chunk of their recommended daily intake. Milk also contains calcium which we know is great for building strong teeth and bones. If your little one is dairy-free as well



as vegetarian, soya milk is a great substitute. With a similar amount of protein to regular milk, they won't be missing out on this vital nutrient. Adding milk to a bowl of cereal, or making porridge on milk is a simple way to introduce a little extra protein at the beginning of the day.

Yoghurt

As with milk, yoghurt (or its soya alternative) is a nutritious way to provide kids with some extra protein. With a similar amount of protein per serving as milk, they can be interchangeable, which brings a dollop of variety to your little one's meals. Homemade granola and yoghurt pots, perhaps with some berries, are a nutrient-dense and delicious snack that will power your child through their day.

Cheese

For many, finding out that cheese is a good protein source is quite a surprise. With roughly 6g of protein per serving, a little bit of cheese goes a long way. It's so easily added to meals - melted on top of pasta or used as a sandwich filling, cheese is a simple way to squeeze some protein in, especially if you're tight on time.

Peas

With over 5g of protein, a serving of peas won't go amiss on the side of your child's dinner. Their natural sweetness makes them a real hit with most kids. Perfect on their own, or mixed into a vegetable curry, peas offer a reasonable dose of protein while bringing a sweet kick to any dish.

Oats

As grains go, oats are relatively high in protein. Even better, they provide an ideal base for a nutritious meal for your child. Some nice hot porridge in the morning, topped with berries, fruits, seeds and maybe



even a small amount of honey, will satisfy any child's hunger and will provide them with a little bit of protein early in the day.

Nuts and seeds

Nuts and seeds might just be the best snack of all to pack into your child's lunch box. Feel free to mix it up with cashews, almonds and any other nuts that are available to you. With around 7g of protein per serving and a high caloric content, nuts and seeds are a useful way to fuel your child as they navigate the ups and downs of a busy school day. Parents should be aware that nuts aren't recommended for children under five years of age, as they can present a choking hazard. If you have a little more time on your hands, consider making homemade bars for the perfect grab-and-go snack for children.

Nut butter

Nut butters, such as peanut butter or almond butter, are often a real favourite among children of all ages. With plenty of protein, nut butter is a very handy ingredient to lean on, especially with vegetarian or vegan children. A really tasty addition, whether it's spread on toast, spooned on top of porridge or used in a stir fry or pad thai dish, it's always a winner. Opt for nut butters that contain 100% nuts and are free from palm oil to add a healthy amount of protein and fat to your child's plate.

Tofu

A staple among vegans, tofu is something that should be considered by all parents, whether their family eats meat or not. With 8g of protein per serving, this soya product is super versatile and can be a real hunger buster. Some people complain that tofu is too bland but the trick is in the seasoning. Tofu will take on the flavour of whatever it's cooked in, so mix it in with whatever spices you're using and your kids are sure to be satisfied.

WORRY NO MORE

With all of the conversation around the importance of including enough protein in your little one's diet, it's useful to have a few tricks up your sleeve. It can be easier if your child eats meat but if not, hopefully you now have an idea of how to manage their intake. So get your chef's hat on in full confidence and perhaps even get your children involved!

PARENTING



Coping with the loss
of your family pet;
managing children's
worries; ten educational
apps and more!





NAVIGATING WORRY IN YOUNG CHILDREN

Learn how to support and empower your child in managing their worries with expert tips from clinical psychologist, Dr Charlotte Cousins.

Worrying in little ones is a very common and a normal part of their development. In fact, worry is a sign of a healthy imagination and a developing brain. Children's minds are sponges, absorbing and trying to make sense of all the information they are exposed to every day. As kids process this information, their imagination can take them to some very weird and wonderful places, not all of which can be helpful, and some of which may even be scary for them.

IS IT A PHASE?

You might be wondering whether or not this is a phase. For many children, it will be something they simply 'grow out of' or learn how to manage. However, for some little ones, the worry will stick around and they may need some professional support to learn how best to manage.

HOW TO HELP

Here, we will look at some great tips that you can implement into your everyday parenting that will reassure your child and help them to manage their anxieties.

Listen to their worries

A lot of people think that listening to their child's worries gives life to them and makes the worry worse. As a result, we often hear phrases like 'don't be silly' or 'there's nothing to worry about'. While these throwaway sentences seem normal and casual, they can actually result in children thinking that they

are silly, that they shouldn't feel this way and that there is something wrong with them. This can often mean that kids are less likely to share their worries and seek support from an adult or parent for problems in the future. The reality is that the worries are present for your child, whether they talk about them or not. As a parent, the aim is to show your child that you are here to listen, to help and advise them on how to respond to their worry.

Acknowledge their feelings

Whilst listening to your little one's worries, it's good to name and acknowledge the feelings your child is experiencing. This helps them learn to identify and name their feelings for themselves, which goes a long way in managing all emotions, worry included. If you aren't sure what the feelings are, that's okay - you aren't a mind reader after all! However, do always give it your best guess. This might look like "Thank you for sharing that worry with me. I can see that the darkness in your bedroom at night is making you feel really scared" or "I can see that this worry about your friend not inviting you to their party is making you feel stressed". You can also try "I can see that this worry is really affecting you, is it making you feel upset?"



Externalise the worry

Externalising the worry means locating the worry outside of your child. This can be a powerful parental tool to deconstruct the source of your little one's anxiety or sadness. Locating the worry outside of your child teaches them that the worry is something that they experience but it is not actually a part of them as a person. It's always important to help kids see that the worry is the problem, they are not the problem. This allows them to feel more able to tackle the worry, as they don't see it as an intrinsic part of themselves.

Feel free to get creative with the approach you take to externalising. Get your child involved and ask them to use their imagination. Ask them to describe the worry - is it an animal? A person? A character from a film? What qualities does it possess?

Here are some examples of ways of externalising:

- The worry monster - he comes in uninvited and stomps all over my brain
- Steve the worry snake - he silently slithers into my thoughts
- Walter the angry wolf - he howls so loudly that I can't hear myself think.



GET TO KNOW THE WORRY

Once you have externalised the worry and found a way of referring to it that feels like a good fit for your child, ask your little one some questions to help you better understand the worry. You want to find out what makes the worry appear, what makes it worse and what makes it better. This will help you identify how best to respond to the worry. Don't be afraid to be silly and playful with this approach, it can really help to lighten the mood and reduce the level of fear for your child.

Here are some examples of questions you can ask:

- What makes the worry monster appear?
- What makes Walter the angry wolf howl so loudly?



- Does anything quieten him down and stop him howling so loudly?
- When does Steve the snake tend to appear?
- Have there been any times that you have been able to make Steve slither away again?

When getting to know the worry, we are looking for 'exceptions to the rule'. This means discovering the times that your child has been able to overcome their worry, along with how they were able to do this.

TEAM UP

Once you have got to know the worry, team up with your child and help them 'fight' against the worry. Again, get creative, engage their

imagination and use phrases such as 'I am going to be your sidekick in our quest to quieten down Walter the wolf' or 'let's become worry warriors and battle against the worry monster together'.

Draw upon the information you gathered in the last step by focusing on what causes the worry and what makes it worse. It can also be good to have a think about whether there's anything you can put in place to prevent the worry from growing, or even to help it go away once it has appeared. Again, use the power of your child's imagination, as when kids come up with an idea or approach themselves, it is much more likely to be effective.

Here are some examples:

- An invisible cloak that acts as a repellent to the worry monster. For children that worry a lot at night, you can include putting on the cloak as part of the process of getting ready for bed.



- Drawing a heart on your child's hand and your hand, holding them together to fill them both up with love so that your child can still feel your love when you are apart. This works particularly well for children that feel worried when they are away from a parent.
- Get your child to imagine picking up a remote control, pointing it at Walter the wolf and turning down the volume of his howl.

ADDITIONAL SUPPORT

If you notice that your child has been worrying consistently for a prolonged period of time, that it causes them considerable distress and that their worries are having a significant impact on multiple areas of their life, such as at home, with friends and at school, it may be time to investigate the benefits of psychological therapy. At Sage Clinics, where Dr Charlotte Cousins leads the Children and Adolescent Services, there is a range of highly skilled psychologists that offer evidence-based therapy for children who struggle with worries. Visit their website at www.sage-clinics.com for more information or to ask for advice for your little one.

THE POWER OF SAYING 'TAKE YOUR TIME'

Take the pressure off your little one's shoulders with this surprisingly powerful phrase.



In this modern age of technology and virtually everything being accessible at the touch of a button, many of us parents can place too much pressure on our children. Sometimes we expect them to do everything that is asked of them, as quickly as we'd like it to be done. And it's not just us. How often will a child get scolded by a shopkeeper for hesitating over their potential purchase? Or how many times do they get rushed down a school hallway by older children when they're trying to find their way to their next class? What we all should remember is that our kids are doing

their very best with the skills they have at their disposal. It's our responsibility to help them manoeuvre through this world safely, not to chastise them for taking too long doing something.

A CALMING EFFECT

Next time you see your little one stressing over a task, such as getting dressed or packing their school bag, say 'take your time.' The accompanying tone is just as important as the words of this magic phrase. Try to speak the words gently and

softly, and watch them take effect on your little one. Once the words sink in, they can immediately relax. Their shoulders may become less hunched up with stress and their breathing will slow down.

Furthermore, they will actually be better able to complete the task at hand. This is the remarkable effect of this phrase. By encouraging our children to take their time, they will often finish whatever they are doing reasonably quickly and, because it isn't rushed, it will actually result in their bag being packed properly or the uniform on the right way around!

A TOOL FOR EXPRESSION

Another arena in which saying 'take your time' will definitely help your little one is when they are trying to express themselves. Sometimes children simply don't have the words needed to translate their feelings to you. These feelings can be so overwhelming that your child may shut down and not be able to tell you how they're feeling at all. Once you notice this happening, try telling them 'take your time.'

Again, your tone here is key in creating the positive effect you're looking for. If your little one detects any harshness or impatience, it will most likely produce the opposite outcome. Said with a soft and calm tone, this phrase will put your child at ease. They can feel safe to take a moment, catch their breath and consider their feelings. Providing them with this space will enable them to truly explain to you what's bothering them, in their own terms.

'Take your time' is an excellent phrase that can be used with your child in all sorts of situations. It will ensure that they can continue to try their best, without feeling like they're under pressure. So try it out with your little one, and watch how they flourish!

TEN APPS FOR YOUNG LEARNERS

It's always good for children to find ways they enjoy learning and developing their interests. Thanks to the ever-expanding world of educational apps, children can enjoy some educational downtime, while having a blast.



This month, in collaboration with Kareem McKenzie, Year 6 Teacher at The English College, we've handpicked the top ten free apps that your kids can utilise to enhance their learning experience and pursue their interests.

Khan Academy Kids

Khan Academy Kids offers a treasure trove of interactive activities covering maths, reading and critical thinking. This free app caters to children aged 2-7, encouraging self-paced learning and fostering creativity.

Duolingo Kids

If you want to introduce your child to a new language, Duolingo Kids is the way to go. It makes language learning fun through colourful games and engaging challenges, perfect for keeping your little one's language skills sharp.

Toca Nature

Toca Nature allows kids to create their own miniature ecosystems and explore the wonders of nature. They can plant trees, observe animals in their habitats and gain a deeper understanding of the natural world. Perfect for any nature-lovers you may have at home!

ScratchJr

Designed for aspiring young coders, ScratchJr introduces the basics of programming through interactive storytelling. Kids can create their own animated stories and games, stimulating their logical thinking and problem-solving skills.

DIY.org

DIY.org is a fantastic app that promotes hands-on learning. It offers a wide range of video-based projects in various areas, like cooking,

painting, photography and more. Children can unleash their creativity and develop new skills through engaging and easy-to-follow tutorials.

Epic!

Epic! is an extensive digital library that provides access to thousands of books, audiobooks and educational videos for children of all ages. Kids can explore different genres, discover new authors and nurture their love for reading.

NASA App

For any little space enthusiasts, the NASA app is a goldmine of information. It offers stunning imagery, videos and articles about space exploration, allowing children to learn about our universe and the wonders of astronomy in a fun and accessible way.

PBS Kids Games

PBS Kids Games offers a collection of educational games based on popular PBS TV shows. With interactive activities that cover various subjects, like maths, science and literacy, this app makes learning enjoyable and engaging.

National Geographic Kids

With the National Geographic Kids app, children can embark on exciting virtual adventures while learning about animals, geography and the environment. It features quizzes, videos and fascinating articles to satisfy their curiosity.

ABCmouse

ABCMouse is a comprehensive learning app for children aged 2-8, covering a wide range of subjects such as reading, maths, science and art. It offers a step-by-step curriculum and engaging activities that adapt to each child's learning level.

As parents, it's important to strike a balance between learning and leisure. While these apps provide excellent learning opportunities, it's equally vital for children to engage in physical activities, socialise and also enjoy unstructured playtime.

However, these are some great tools that you can use to create the opportunity for exploration, growth and fun-filled learning adventures for your child. With these top ten free apps in hand, your kids will have their pick of interesting areas to take a deeper dive into.

HELPING KIDS COPE WITH PET LOSS

Losing a pet is one of the saddest parts of childhood. Coaching your little one through the process will ensure they have the space to grieve properly and heal from this truly painful experience.

Anyone who has ever had a pet knows that they are a lot more than just an animal. They become a member of the family and a much-loved part of the household. Perhaps the saddest truth of pet ownership is the fact that they don't live as long as we do. This means that, at some stage, our furry friends will pass away.

Losing a pet can be a deeply upsetting incident for all the family, and it tends to hit our children particularly hard. To them, the family pet can be their best friend who is always happy to greet them with a wagging tail or a deep purr. In tough times, children often turn to pets for comfort. The cheerful disposition and cuddly nature of pets is enough to melt away almost any worry.

When the dreaded day comes, and the pet is no longer around, little ones can be at a complete loss as to how to comfort themselves. They may struggle to comprehend that their pet was there yesterday but is gone today. As parents, we can prepare ourselves to guide our children through the grieving process.



BREAKING THE NEWS

It's likely that you will first become aware that your family pet has died and therefore it's your responsibility to tell your child. This is a very difficult task but it's one that must be done with as much gentleness as possible. It may be the very first time that your child has experienced any form of loss, and so it should be handled carefully.

A safe space

When planning to tell your child that their pet has passed away, try to choose a safe space for them to hear this news. Somewhere quiet, comfortable and private will enable them to truly express themselves without being interrupted.

Sparing the details

How much detail to go into depends on what your child is able to handle. There is no need to overly upset them with details if you can tell them in a way that shields them from the true nature of death. Depending on your child's age, you will be able to share slightly more about what happened. The main aim here is to inform them that their pet has passed away and that you'll be there to support them while they process this loss.

For older animals

The average life expectancy for most, if not all, breeds of family pets is available online and can be useful knowledge as they approach their later years. In this case you may be able to gently reference to your child that the pet is ageing and that at some stage they won't be around any more. This should be done with caution and only with older children who aren't prone to worry. The idea is to take the shock out of what's to come to enable your child to cope.

Bending the truth

It's understandable that parents want to take liberties with the truth around this topic in order to protect their children. However, straying too far from the truth will result in a lie, and little ones can find it very hard to come to terms with this if they find out what really happened in the end. So try not to lie by telling them that the dog ran away if that isn't what happened. In trying to guard your child's emotions, doing this can brew feelings of abandonment and rejection in little ones. It's advisable to present the news in a soft manner but it's also important to provide some of the facts. Without these, it can be difficult for children to make sense of what has happened, to grieve and to move on.

OVERCOMING GRIEF

Sadness is the predominant emotion your child will experience upon losing a pet, but it's far from the only one. Kids may experience frustration, loneliness or even guilt. These are all natural feelings during the grieving process and it helps to talk your child through each of them. Don't force it, they may not be ready at first. In their own time, they'll open up and discuss their emotions.

Express your feelings

While you will want to be the supportive rock for your child, it's completely fine to express some of your own sadness about the situation and to show your little one that you're hurting too. As a parent, you can teach your child how to feel an emotion, such as sadness, to acknowledge it, and then to try to move past it slowly.

Routines

In times of grief, children often cope better if they have routines to lean on. It may feel like you're being too strict if you are encouraging your child to keep going to school, to stay on top of their homework and to go to their sports training. Of course, give them



a little time immediately after the death in order to begin to come to terms with it. In the following weeks and months, however, helping your child to return to their old routines will actually enable them to recover from this loss. In difficult times, children can get a great deal of comfort from sticking to their routines.

Happier times

Sharing stories of happy times with the family pet can be a helpful way to guide your child through expressing their emotions. If you have any home videos of them playing with the family pet, feel free to play them. Reliving these experiences in a safe space can help your child remember the positive impact that the family pet had on them, and how well they treated the pet. With you by their side,

your child can laugh and cry, knowing that they're supported.

Afterlife

If you and your child believe in an afterlife, this can be a good time to discuss it. Whatever your religious beliefs are, the existence of an afterlife is a very comforting thought. One of a child's worst fears, when it comes to pet loss, is that their beloved friend is gone forever. If there is a chance that they may meet again some day, the pain can be easier to swallow. If you don't hold any religious beliefs, perhaps you could speak with your little one about how those who pass away live on in the hearts and minds of their loved ones. You can explain that you can keep the memories of the family pet alive through thoughts and conversation.

MOVING FORWARD

In time, once the initial spike of sadness has worn off, you can help your child to move forward. The two of you could memorialise the family pet through creating a collage of photos or writing a poem. Don't be afraid to talk with them about the pet or to bring up memories of the good times. They'll benefit from remembering the love they felt and this will help them come to terms with what has happened.

Eventually, your child will have moved on from the sadness and all will be well. Remember that there is no rush here and it's important to be patient. With your support, they will carry on with fond memories and, at some stage, will be ready to welcome another pet into the family.



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EDUCATION



This month, we focus on the importance of taking a holistic approach to success at school!



A woman with long dark hair, wearing a red ribbed sweater and blue jeans, is shown in profile, smiling and looking out a window. The background is a bright, sunlit room with a wooden shelf holding various items.

THE RECIPE FOR A SUCCESSFUL SCHOOL EXPERIENCE

*With more pressure than ever on children to do well in school,
we look at what a positive school experience consists of and
how to set your little one up for success.*

EDUCATION

The general perception of what it means to have a 'successful' school experience is changing. Nowadays, we understand that school is about much more than grades. While it's important for our children to apply themselves to the best of their abilities (and hopefully get good grades), school is also a place for little ones to grow and develop in all sorts of different ways. Due to this, there are so many things that you can do at home that will have a positive impact on your child's school experience, and therefore their success. Here, we will take a look at what you can do to set your little one on the right path.

SET GOALS

School is often seen as a series of exams over a period of years that will determine the future of your child. There is so much more to it than that. Viewing school as an opportunity for your child to develop consistently each year, in a variety of different ways, is more accurate. Yes, exams are important in terms of tracking progress and marking milestones but they're not the only way to measure the success of your child's school experience.

Goal-setting is a brilliant tool that can be used to help your child excel in school. These goals should be achievable and realistic. Every child is different and so there is not a one-size-fits-all solution. You know your child best and therefore you are in the best position to help them draw up realistic goals. The goals should be less "I'm going to get an A in Science in my next exam" and more "I'm going to ask my teacher for help with any Science homework that I can't complete." The former is slightly too vague and not solely in your little one's control. The latter is a small, regular action that your child can take to stay on top of their Science homework, understand the key concepts and then hopefully carry this understanding into the exam.

Cover all areas

The goals you set out together should cover a range of different areas of your child's schooling. Making friends and maintaining friendships is a core aspect of the years your child will spend in school. With this in mind, you could both consider a goal along the lines of "I will try to make one new

friend this term", or "I'll commit to meeting up with my friends twice a week outside of school time." With manageable social goals, your child will be able to develop their relationships in a steady manner.

Lead the way

Children often look to their parents for an example of how to do something they're unfamiliar with. Goal-setting might be a brand new concept for your child and so a little bit of guidance will go a long way. Setting a goal of your own and being transparent about it with your family can show your child that it's a normal thing to do, and that it's natural to be a little bit scared going into it. If you can create a goal for yourself and achieve it in front of your child, they'll soon understand the value of this process.



ENJOY THE JOURNEY

As mentioned previously, your child's journey through school is a process. Full of highs and lows, it will bring plenty of challenges to your household. What helps is trying to enjoy this.

Keep looking forward

When things aren't going so smoothly, focus on the fact that you and your little one are going to overcome this obstacle and be all the better for it. In the good times, don't get too carried away. Note what aspects of your parenting and your child's efforts have helped lead to this success and how you could possibly repeat them in the future.

If your child is prone to overwhelm or gets stuck in a negativity spiral when struggling to



overcome an issue, then it can be very helpful to remind them that this process will take time. Remind them that this is a long-term game that will throw up a few problems, and that you will support them through it all.

Let them lead

While it can be frustrating when children don't do things exactly as we'd like them to be done, we must remember that they have very distinct personalities of their own. Therefore, it's massively beneficial for all parties to invite your child to give their opinion at all times. This is their education, after all! You might be surprised at the depth of insight that they will have of themselves and the situation they're in.

For example, just because you think it would be better for your child to do their homework

as soon as they get in from school, it doesn't mean that that's true for them. Lots of kids find it necessary to blow off some steam after a long day behind a desk. Some exercise, socialising or light entertainment allows them to reset before tackling the workload. The lesson here is to keep in mind the end goal - getting the homework done and not excruciating over the details. If your child has a preference, and it can fit in with the rest of the household, then it's usually well worth incorporating.

IT ALL BEGINS AT HOME

While children spend the majority of their time at school, the chances of their success there often stem from their experience at home. It's at home that the foundations for this success are set down and it's small changes here that can make all the difference in the end.

Communication

In order to develop and sustain a method that will help your child to maximise their potential at school, communication is absolutely essential. There should be honest, direct and gentle communication between children and parents that ensures each party knows how everything is going. Building these lines of communication will mean that your child will feel they can come to you with any problem they're facing.

The journey your child is setting out on should be viewed as a team effort. Each member of the family has a part to play in this project. In homes where there are multiple children, this is a fine balance to ensure that no one child is getting preferential treatment. Kids of different ages or stages may need to be prioritised for a short while from time to time and this should be communicated clearly to everyone involved. No child should feel second best or as if their school journey is any less important.

Sleep

Without sufficient sleep even the best laid plans will fall to pieces. Sleep is one of the most crucial components of your child's health and, therefore, massively affects how

they learn and develop. Lots of parents underestimate how much sleep their children need. Most kids need anywhere from nine to eleven hours of sleep each night, with teenagers requiring eight to ten hours. These valuable hours of sleep shouldn't be interrupted or cut short - they are vital to your little one's success. Do what you can at home to help your child wind down before bedtime so that they can get the best night's sleep possible.

FINAL THOUGHTS

One last thing to remember is that there is no need to be daunted by this process. Watching your child set off to school and move through the years is an unbelievably exciting part of being a parent. Put 'perfect' out of your mind and instead simply commit to doing your best. Inevitably, there will be ups and downs. With the love for your child at the forefront of your mind as you take on this challenge together, and a strong feedback loop of communication between you both, your little one will be destined for success!



SCHOOL & FAMILY BREAKS



A seasonal staycation to
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A LOCAL AUTUMN ESCAPE

With the season changing, here is a lovely family mini break idea that will leave you rejuvenated and ready for the cooler months ahead.

With the turn of the season and the rush of beginning a new school year behind you, many parents' minds are turning towards a little pick-me-up family break. There's nothing quite like a short hotel stay to unwind you, melt your stresses away and reset your loved ones for the weeks ahead. Now that the academic year, after-school activities and clubs, and new school friends have taken over the weekly schedule, spending some quality time together with an enjoyable hotel break as a family could be just the thing you need!

Address Grand Creek Harbour are currently inviting families to experience the ultimate autumn stay with their exclusive 'Unforgettable Escape' offer. As the weather cools down, head to the creek where you have full permission to relax and renew yourself, as you hang out with your loved ones.

SEASONAL OFFERS

With savings of up to 20% off room rates for stays between October 1st and January 10th, there has never been a better time to plan your next escape right here in the city. Soak up the spectacular ambience and revel in the cooler weather while receiving a discount of up to 20% on your stay in the process. Not only that, but the hotel has also extended its 'Stay 3 Pay 2' offer until December 25th, meaning you can stay for three nights and only pay for two in the hotel's incredible Club Rooms and Suites - ideal! Guests who book a Club Room or Suite can enjoy complimentary access to the exclusive Club Lounge, right up until December 25th. Indulge in the impeccable range of club

benefits during your stay including lavish breakfast buffets, afternoon snacks and refreshments, evening canapes and happy hours, complimentary shoe polish and suit pressing, plus a late check-out at 4pm.

LOCAL FUN

Nestled in the heart of Dubai's most picturesque location, adjacent to the city's newest attraction, The Viewing Point, Address Grand Creek Harbour offers breathtaking waterfront serenity and incredible skyline views. The hotel boasts a majestic infinity pool and direct access to the harbourside promenade, where your family will be able to peruse a variety of retail and entertainment outlets, providing the perfect distraction from the city's hustle and bustle, and the busy start to the school year.

FACILITIES

With 223 elegantly appointed rooms and suites, a range of wonderful amenities and an array of chic dining venues, this seasonal retreat promises to leave your family refreshed this season. While parents can enjoy privacy and relaxation at the stylish Club Lounge (with a spacious al fresco terrace and jaw-dropping views), little guests can find entertainment at the amazing Qix Club, meaning there's something for every family member to enjoy.

So, escape to Address Grand Creek Harbour this autumn and make the most of this incredible offer before it's gone. Book now to secure your unforgettable stay and experience the beauty of autumn by the creek.

To book, email the hotel at stayatcreek@addresshotels.com or call +971 4 275 8899.

UNUSUAL AND ADVENTUROUS TRAVEL ACTIVITIES

Here, we look at unusual holiday experiences from around the globe for families who love adventure and are looking to take a particularly special trip this year.



Are you looking for a holiday with an adventurous once-in-a-lifetime element? It's never too early to start thinking about a summer break to remember and with this in mind, we have gathered a selection of truly exciting experiences from around the globe that make for a family vacation like no other.

TREK WITH CHIMPANZEES IN RWANDA

Steeped in natural beauty and nestled within Rwanda's Gisakura tea plantation, One&Only Nyungwe House, sits on the edge of one of the oldest rainforests in Africa offering a bespoke itinerary of activities for travellers from the UAE to discover as they explore the Nyungwe National Park and beyond. From taking a walk amongst majestic trees, trekking through the jungle to discover remarkable animal encounters or embarking on a helicopter ride high above the incredible views, there's something to suit every family at One&Only Nyungwe House.



Home to some of the most diverse primate populations in Africa, you and your loved ones will have the opportunity to take part in a wide selection of once-in-a-lifetime excursions, allowing your family to truly immerse yourselves in nature throughout your stay. Chimpanzee trekking is a fun and face-paced experience that we're sure you'll never forget. Trek along wild paths through lush forests while trying to keep up with these incredibly intelligent creatures. At the break of dawn, an expert guide will lead you into the heart of the jungle on the trail of chimpanzees. A rustle of leaves, and then through the branches chimpanzees can be spotted gazing down from the fig trees. You may also see a troop of tree-dwelling chimps catapulting off through the canopy. Every trek is different, and the jungle's charismatic chimpanzees are full of surprises.

For more information or reservations, please visit www.oneandonlyresorts.com/nyungwe-house/experiences/chimpanzee-trekking.

RIDE HORSEBACK THROUGH THE AUSTRALIAN BUSH

Nestled in a private valley and protected by soaring bush escarpments, Emirates One&Only Wolgan Valley offers an ultra-luxury, conservation-based resort located in the Greater Blue Mountains region, just a 2.5 hour drive from Sydney. Set on its own private 7,000-acre carbon-neutral wildlife reserve, the resort combines total style with a quintessentially Australian bush experience.

There's truly no better way to experience the spectacular Wolgan landscape than by horseback. Take in the majesty of Wolgan Valley with your family, while exploring winding trails through river crossings, gloriously scenic hills, open grasslands and native eucalypt woodland, before stopping in one of the property's most scenic locations to enjoy a morning or afternoon tea prepared by the resort's culinary staff. Each riding experience is tailored to suit riders of all levels, from beginners to the most experienced, so the whole group feels confident and each rider has an enjoyable and safe experience.

Visit www.oneandonlyresorts.com/wolgan-valley/experiences/wolgan-valley-stables to learn more.

SPOT THE BLUE GIANTS IN CAPE TOWN

For families looking to discover the beauty of South Africa, One&Only Cape Town is a serene enclave just off Cape Town's vibrant waterfront



area. The resort has recently completed an extensive reimagination, introducing a new design that honours the destination's ocean, land and heritage. This nautical escape offers panoramic views across the waterfront and the famous Table Mountain, offering a chic urban break with all the wonders of South Africa available on your doorstep.

Cape Town is home to a number of once-in-a-lifetime experiences, from whale watching or shark diving, to visiting Boulders Beach's resident penguins. Learn about these gentle giants that call the Cape waters home each year and embark on a bespoke private tour of the best viewing spots for the humpback, Bryde and southern right whales with your family. For the ultimate experience, observe these magical creatures from the sky with a private helicopter trip to Hermanus, one of the top whale-watching locations in the world, where the whales often come within metres of the shoreline. Whichever activity suits the personalities in your house best, you're sure to have a whale of a time!

Visit www.oneandonlyresorts.com/cape-town/experiences/marine-wildlife/whale-watching for more information and to book your experience.

DISCOVER THE 'CALL OF THE GIBBONS' IN MALAYSIA

Positioned on the south-eastern shoreline of Malaysia and set between lush rainforests and

the South China Sea, One&Only Desaru Coast expands across acres of unspoilt flora and pristine stretches of white sandy beach. Easily accessible from Singapore and Johor's Senai Airport, this ultra-luxury tropical escape offers you curated experiences that your family will never forget.

Guided by the resort's resident Naturalist, 'Call of the Gibbons' offers an exciting jungle trek designed so that your household can discover exotic flora and fauna as you listen to the morning chatter of the white-handed gibbons found in the Panti Forest Reserve. Avid bird watchers can catch a glimpse of the fleeting white-bellied eagles and short-tailed babblers in this bird sanctuary. A beautifully prepared tropical picnic surrounded by nature completes this unforgettable experience for your family.

For more information or reservations, please visit www.oneandonlyresorts.com/desaru-coast/experiences/signature-experiences.

This selection is but a handful of the incredible global opportunities open to families. Of course, these are not necessarily the kind of vacation experiences you may be in a position to take regularly, but if you've been building up to a particularly special holiday or some family time abroad with a twist, look no further!

HOME & GARDEN



Getting rid of common
bedroom toxins and
ways to create the ideal
living space!





DETOXING YOUR *BEDROOM*

Toxins can exist in your bedroom in a variety of unexpected ways. Thankfully it doesn't have to be like that and, with a few tips, you'll know exactly how to make your space sparkle!

Most of us spend at least a third of our day in our bedroom so it's one area of our home that deserves special attention when it comes to keeping it clean. Unfortunately, it's often the room where we let our cleanliness slip the most. Whether it's because it's a room that guests will never see, or that we only see it ourselves first thing in the morning or last thing at night, it often slips our minds. This can lead to a build-up of an array of toxins which will negatively affect both our sleep and our general health. To combat that, here are four tips for keeping your bedroom clean and free from toxins.

SCREEN-FREE ZONE

Though it may not be the first 'toxin' that springs to mind, having screens or electronic devices in your bedroom can seriously hamper our sleep and have a negative influence on our health. Experts recommend leaving all electronics elsewhere in your home when you're heading to bed. Blue light from screens has been shown to hinder sleep quality. The temptation to check your work email or scroll on social media proves too tempting for most. So do yourself a favour, and unplug before bed!

KEEP YOUR BEDDING CLEAN

Beds are the centrepiece of any bedroom and demand a regular, thorough clean. During sleep, most people will sweat and shed some skin cells into their bedding. This can't really be prevented but it can be dealt with. The best way is to wash your sheets and pillowcases on a high temperature to wipe out any bacteria or dust mites that might have appeared.

STORE BEAUTY PRODUCTS ELSEWHERE

Though it may be convenient to keep your moisturisers, deodorant and any other products



by your bedside, studies suggest that this should be avoided. Due to the powerful fragrances and chemicals contained in these products, they can often lead to a decrease in the air quality of your bedroom. Consider keeping them elsewhere and the number of potentially harmful irritants in the air will be significantly reduced.

NAIL THE BASICS

It's essential to regularly vacuum your home and the bedroom in particular. One of the main reasons to keep on top of it is the prevalence of dust mites in bedrooms. These mites can appear almost anywhere so be sure to carefully vacuum all parts of the room, including under your bed. If possible, pick up a vacuum cleaner that has a HEPA filter as it will catch even the finest dust particles. When it comes to dusting, make sure that you go beyond the obvious areas. Dust can gather in the most unlikely places and needs to be wiped away regularly to ensure a clean sleeping environment.

Keeping harmful toxins out of your bedroom is vital in ensuring that you get a good night's sleep. With these tips, you'll be able to detox your space and relax in the knowledge that your sleeping area is spotless!



CREATING A BALANCED *LIVING ROOM*

When done properly, a living room can be the heart of the home. Here we look at a few things to consider when reaching for the design you've always wanted.

When it comes to design, the living room is perhaps the most important area to get right. This is where you and your family will come together each day to catch up and to hang out. Setting up the room in a balanced way will help foster an atmosphere that lends itself to spending quality time with your loved ones.

DECLUTTER

The first place to start when trying to transform your living room into the homely, community space that you've always wanted, is to focus on decluttering. Most of us simply have too many things, collected here and there over the years, and now they're populating every nook and cranny of our homes. By streamlining the objects in your living room, you're adding a layer of intention to every piece that you choose to keep. You don't have to throw away too much. Instead you can donate some things while storing others in a different area of your home. This isn't about minimalism either, it's about finding a balance that suits you. So trust your judgement and consider how many items you need as you declutter.

INTRODUCE LIGHT AND AIR

Light and air are two things that we simply cannot live without. Yet we often exclude them from homes. Pulling back the curtains and moving furniture to allow natural light in will create a sense of life in your living room. When possible, open windows to allow air to flow in and out of the room. Many rooms can feel somewhat stagnant and this is often due to a lack of airflow. The motion of air through the room can act as a reminder of the world beyond the four walls and that any stresses we may have will come and go as easily as the air flows. Similarly, seeing the light create different shadows in the living room as the sun moves across the sky can remind us that time is passing and help us to ground ourselves.

CHOOSE COLOURS CAREFULLY

Colours can have a dramatic impact on the mood of a room. The colour you choose is ultimately up to you. However, consider it carefully. What kind of living room are you trying to put together? Is it warm and cosy? Or is it light and bright? Everyone has their own preferences and that's completely allowed! Simply bear colour in mind when approaching your living room design. Tie it in as closely as possible with the mood that you're aiming for and you'll find that the whole room will feel a lot more congruent.



REMEMBER SCENT

The sense of smell is a powerful one and it should be taken into account when trying to generate a specific atmosphere for your living room. Again, it's mostly up to personal preference but some care should be taken to ensure that it's in line with the overall feel that you're going for. Scent is an exciting aspect to experiment and play with. Don't be afraid to change things up - trust your judgement. Candles, incense and aromatherapy oil diffusers are all great ways to introduce beautiful smells into your living room. Also, be sure to take the necessary precautions when it comes to having a naked flame in your home.

A SPOT FOR EVERYONE

Another straightforward technique to attract each member of the family to the living room, and to produce the kind of vibe that you're looking for, is to have a comfortable seat for everyone. You can mix and match (there doesn't have to be rigid, assigned seating) but it's nice for all the family to feel that the living room is a place where they can sit back and relax.

When it comes to arranging the furniture, consider doing so in a way that encourages conversation. Centre the seats around a focal point such as a coffee table or a rug and maintain space between them so the room doesn't begin to feel cramped.

INVITE NATURE INDOORS

Introduce plenty of plants into your living room to add a natural element. We are all living beings after all, and spending time around plants does wonders for us. Plants can be an exception to the decluttering rule. They don't necessarily have to be limited in number or placed in an ordered arrangement. Take your time and place them where instinct tells you. Of course, pay attention to what they need when it comes to light and shade. The feeling of life that is brought in by a collection of plants is unmatched and will add to the vibrant, alive nature of your living room.

ART ELEVATES

To really set this room off, invest in some pieces of art. These don't have to be expensive at all. What's more important is that they fit the dynamic that you're trying to create and add to it. This can be a tricky part of the process - it's difficult to imagine a piece of art in your living room before placing it on the wall. You'll find your way with it and, when you get it right, it will truly complete the space.

When it comes to putting together the living room of your dreams, don't overcomplicate it. Less is often more, and a few well thought out and intentional additions will have a big impact. Once all the hard work is done, gather your loved ones, find your seats and relax as you chat the night away!

GOOD LIVING



The best kept beauty
tips from the Nordic
regions; skincare
that packs a punch
and more!



FIVE SPECIAL CANDLES FOR YOUR HOME

*Candles are an easy way to elevate any space.
Here is an interesting selection that may benefit
your wellbeing in multiple ways.*



fueling your passion and motivating you to implement new projects and pursue opportunities. The Blue Apatite candle is infused with neroli, rose, tuberose, musk and iris natural essential oils. Its fragrance is tuberose and toussaint.

AMETHYST

Known for its soothing properties, the combination of lavender and amethyst gently relaxes you and is believed to stimulate your cognitive perception and emotional stability. The Amethyst Healing Energy candle is made to inspire a meditative state, bringing a wave of calm into your home and your family's lives. The candle is infused with juniper nuts, lemon, tangerine, lavender, patchouli and sandalwood essential oils. This time, the fragrance is patchouli and lavender.

WHITE TURQUOISE

White Turquoise is a stone that is associated with bringing you mental strength. The candle was designed to help instil inner calmness and aid in your creative expression. Complemented by clear quartz, it should restore your focus and concentration too. The candle is infused with cantaloupe, bergamot, freesia rose, musk, amber and patchouli essential oils. English pear and freesia give off a fruity fragrance.

CLEAR QUARTZ

Quartz is thought to eliminate energy blocks. This candle aims to restore clarity and allow energy to flow smoothly throughout your body. The candle is infused with orange, pomelo, peach, musk and coconut essential oils. This candle's fragrance is tropical fruit.

Candles are an essential piece in every home. Not only do they make your home smell fantastic, but they also help you create a relaxing, soothing environment for your family. These durable and high quality candles are carefully hand-poured with love and are consciously made to be vegan, eco-friendly and cruelty-free, boosting your wellbeing and the atmosphere of your home, and being kind to the planet in the process - ideal!

The candles are now available for delivery worldwide on www.by-mystique.com.

Bymystique, the Dubai-based jewellery brand, has launched five gorgeous candles featuring semi-precious stones to bring positivity, peace and warmth into your space. The brand is known for creating jewellery designs that pay homage to the mesmerising beauty of celestial objects, such as the sun, stars and moon. These candles are no different and are based on the strengths of the natural semi-precious healing stones pressed within them, each of which offers different benefits. The candles are crafted with 100% organic soy and pure essential oils, with recycled wood for the wicks. They also come in a wide variety of fragrances, so you can choose the one that most resonates with your tastes. Let's take a look.

AQUAMARINE

The Aquamarine Healing Candle aims to spread calming energy in your home, and is thought to help boost protection, cleansing your space of anything negative and flooding it with positivity. The natural essential healing oils used include tuberose, jasmine, musk and sandalwood. Its fragrance is musk and jasmine.

BLUE APATITE

Blue Apatite is considered to be a stone of motivation, working on anything power related, such as resolutions or decision-making. The candle is meant to help clear away confusion and negativity, while

SCANDINAVIAN BEAUTY SECRETS

The Scandinavian approach to beauty contains a lot of useful lessons. From their no-frills approach to their holistic attitude, here are some of the tricks and techniques you can incorporate into your own beauty routine.



Stereotypes would tell us that Scandi women have a seemingly casual relationship to beauty, but the reality is far from this. In fact, ladies from these northern regions are incredibly intentional when it comes to their skincare routine. With a little digging, we found a host of skincare secrets that have piqued our interest. Let's dive in.

LESS IS MORE

One of the main tenets underpinning Nordic beauty is the idea that 'less is more'. This translates into keeping skincare routines simple, eating well and maintaining one of the best work/life balances in the world. This holistic approach to beauty and wellbeing is something the rest of the world could learn a lot from. Balance is a priority at all times for Scandi ladies and it often leads to lower stress levels, a healthier lifestyle and a more natural look. This fresh-faced beauty ideal means a more chic approach to makeup and less emphasis on

covering up. With that in mind, here are some Scandinavian beauty techniques that you can easily try for yourself.

WATER

One of the most important ingredients in a Scandinavian skincare routine is completely free, and that is water. Women use it for everything, from cleansing their skin, hydrating their bodies, jump-starting their metabolism and more.

Wake up well

Many Scandinavian women swear by beginning the day with a cold rinse on the inside and the outside! Start your day with a big drink of water, followed by splashing some ice-cold water on your face. Drinking water first thing is a small action but can have big results, kick-starting your metabolism, giving you more energy through rehydration after a long night and promoting proper detoxification and good digestion upon waking.



Ice water facials

While dunking our face in freezing water first thing in the morning might not sound like the most appealing skincare tactic, Scandinavian women have long since learned to embrace the cold. Splashing ice water on your face offers many beautifying benefits. It lowers skin inflammation, decreases puffiness, encourages an even, healthy skin tone, minimises any enlarged pores and improves fine wrinkles. Utilising the power of cold water in your morning routine should help reduce any puffiness from sleep, while setting your skin up for an all-day enviable glow.

Use the cold

Ice water can also be worked into your daily shower. All you have to do is finish your rinse by turning the temperature dial to as



cold as you can stand. Ending your shower with a few seconds of an ice-cold rinse is an easy way to access the benefits of cold water therapy, an ancient technique that has been part of Nordic cultural practice for many, many years. It works on the sympathetic and parasympathetic nervous system, almost like a reset button, banishing anxieties and releasing endorphins, to set you up physically and mentally for a great day.

Keep hydrated

Women in Scandinavian countries tend to take a holistic approach to hydration. Whilst these northern nations are known for being some of the biggest caffeine drinkers in the world, a habit that is well-known for its dehydrating side effects, they balance this out by sipping lots of fresh, unflavoured water every day. Once the internal hydrating is taken care of, Nordic women turn their attention to the problem of dehydration from the outside. They use hyaluronic acids, facial mists, creams, facial oils and regular face masks. Keep things simple in terms of the number of products you layer on your skin, but take a leaf out of the Nordic book and emphasise hydration.

SIMPLIFY

Scandinavians gravitate towards products that guarantee maximum efficiency with the smallest number of steps and the fewest, most natural ingredients. So, have a think about the parts of your routine you

can simplify - what can you leave out or combine, and what can you make cleaner? The goal is minimalism that works, so your skin only has to contend with a streamlined ingredient list and you have more time to focus on other things.

CONSIDER THE SAUNA

Saunas play a big role in wellbeing historically and in the modern day, particularly in Finland. There's a lit-from-within quality to skin that is hard to replicate in any other way. Studies indicate that using a sauna can help regulate sebum production, which is great news for those who suffer from acne or oily skin. It also supports a balanced pH level in our skin, which maintains the strength of the skin barrier and promotes an even tone. Heat therapy, such as a sauna, is known to improve our circulation, lessen stress and help our skin excrete toxins, leading to that covetable clear, even and softly glowing complexion we associate with Scandinavia.

Plenty of fresh air, a colourful, healthy diet and physical activity are also built into the traditional Scandinavian lifestyle, hugely influencing their approach to wellness and beauty. This holistic view is the gold standard in these countries in terms of beauty, and these tips and tricks are well worth considering when it comes to your own regimen. With just a few little tweaks, you'll be able to benefit from the tried and tested skincare wisdom that these regions have to offer, in no time.





My beauty picks for October are the four parts of the potent new skincare collection from one of my favourite brands - No7 by Boots Pharmacy.

No7, the UK beauty brand from Boots Pharmacy, has launched No7 Future Renew™ in the UAE, a highly-anticipated skincare collection proven to reverse the appearance of skin damage. I have been a fan of No7 all my life, so I am so excited to share this launch with you!

INNOVATION

The range contains a new 'super peptide' blend, proven to harness your skin's natural repair process and the renewal of over fifty key proteins within your skin cells. The super peptide blend contains two brand-new chemical entities, a patent-pending world-first technology that cannot be found in any other product, which sounds pretty amazing to me!

EFFICACY

No7's new super peptide is set to be one of the most effective and tolerated skincare ingredients on the cosmetic market. Unlike retinoic acid, which is known by dermatologists to cause skin sensitivity and redness, No7's new super peptide is both highly potent and highly tolerated, suitable even for those with sensitive skin.

No7 Future Renew™ repair serum (AED 220/50ml)

At the heart of the collection is the No7 Future Renew™ Repair Serum, clinically



proven to reverse the appearance of multiple signs of skin damage, across a range of skin types and tones, including fine lines, wrinkles, lack of luminosity, dryness, uneven skin tone and loss of firmness. 97% of women in the clinical study had improvements in the appearance of three or more visible signs of skin damage.

No7 Future Renew™ Day Cream (AED 220/50ml)

No7 Future Renew™ Day Cream is proven to protect against UV rays and reverse visible signs of skin damage, such as the feeling of dryness and loss of elasticity. It contains SPF 40 for damage prevention, No7's new super peptide blend, an antioxidant blend, niacinamide, hyaluronic acid, vitamin C and rice proteins.

No7 Future Renew™ Night Cream (AED 220/50ml)

No7 Future Renew™ Night Cream is expertly formulated to support the skin's natural self-repair process while sleeping and reverse visible signs of skin damage. It contains the new super peptide blend, along with other key nourishing ingredients including shea butter, niacinamide and hyaluronic acid. This night cream helps reverse the appearance of uneven tone and texture, dry skin and lost elasticity. It deeply moisturises your skin for up to 72 hours and delivers instant results with more nourished, softer, smoother skin.

No7 Future Renew™ Eye Serum (AED 150/50ml)

The skin around the eyes is thinner and more delicate than elsewhere on the face, meaning it is more susceptible to damage. Expertly developed for the delicate eye area, in addition to No7's super peptide blend, the eye serum also contains hyaluronic acid, niacinamide, vitamin C, an antioxidant blend and rice proteins. In one week, the appearance of fine lines should be reduced, and after four weeks, the appearance of wrinkles and puffiness too, whilst your skin tone is more even.

The No7 Future Renew™ range is available online at www.ae.boots.com and across the region at Boots stores.

COMPETITIONS

motherbabychild.com/competitions



WIN!

A VOUCHER FROM CHAMPION CLEANERS, WORTH AED 500

Do you have some outfits in need of a little TLC? Does your stroller need a spruce up? Perhaps your bags and shoes are due a revamp, or your little one's baby car seat and soft toys have seen better days. If so, we have fantastic news for you! Champion Cleaners are giving one lucky winner the chance to win AED 500 worth of dry cleaning services. With years of experience, the brand knows just how to treat your garments, ensuring they look as good as new. They have multiple locations across Dubai, making it super easy to either drop off, pick up or arrange collection of your belongings free of charge. Offering a speedy turnaround, if you need a last-minute outfit rescue, Champion Cleaners are on hand to ensure you are never left in a fashion emergency! What's more, the brand is committed to environmental sustainability, using state of the art eco-friendly cleaning processes. Find out more about Champion Cleaners at www.champion-cleaners.com. Enter now for your chance to win AED 500 to spend on cleaning services at Champion Cleaners!

WIN! HOME SPA SERVICES FROM PRIVÉE, WORTH AED 500



Privée is a leading provider of premium home spa services, offering a wide range of luxe beauty and wellness treatments delivered by expert therapists. From relaxing body massages and facials to manicures, pedicures and waxing services, Privée creates unforgettable spa experiences from the comfort of your own home, leaving you and your loved ones feeling pampered and renewed.

WIN! DR. PAWPAW'S 'YOUR GORGEOUS SKIN' COLLECTION, WORTH AED 500



Get ready to revolutionise your skincare routine with Dr. PAWPAW's latest collection. Featuring nine multipurpose, vegan skincare essentials, it is formulated with Papayaluronic™, a groundbreaking concept and fusion of

papaya extract and multiple hyaluronic acids, which absorb into all layers of your skin for instant and long-lasting hydration, resulting in super soft skin. One lucky winner will receive this new and exciting collection, including a supercharged 4-in-1 face serum that offers the benefits of four serums in one dynamic formula. Papayaluronic™ works to intensely hydrate and calm the skin, providing anti-redness, whilst vitamin C brightens your complexion and bakuchiol helps to prevent or reduce any pesky signs of ageing.

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



WIN! A VOUCHER TO SPEND ON DRINK DRY, WORTH AED 500

Enter now for your chance to win AED 500 to spend online at www.drinkdrystore.com! Get ready to treat yourself with a range of premium drink offerings from Drink Dry, the Middle East's first non-alcoholic drinks marketplace, bringing you the finest tastes and flavours from around the globe. Reinventing the NOLO drink movement, whether it's non-alcoholic wine, alcohol-free beer or spirit alternatives, there is an extensive range to suit all taste buds and preferences. Making online shopping for beverages in the UAE simple and speedy, with Drink Dry you can browse alcohol-free recipes, wow-worthy non-alcoholic cocktail ideas and find lots of inspiration for hosting your next at-home dinner party. Whether you live an alcohol-free life, you're a little sober curious, or simply a pregnant mum, you can enjoy a host of delicious and refreshing options which are low in sugar, perfect for the health conscious, and more importantly, full of flavour. Find out more at www.drinkdrystore.com.

WIN! 4 TICKETS AND AN ACCESSORY FROM ROLLDXB, WORTH AED 500



Are you ready for an unforgettable family adventure? RollDxb is thrilled to announce this competition giveaway, offering you the chance to win four tickets for an incredible family day out at the roller skating paradise! Get ready to bond, laugh and make cherished memories with your loved ones as you glide through their fantastic roller rink. It's the perfect way to spend quality time together and experience the joy of roller skating.



WIN! A VOUCHER FROM GOLD COLLAGEN, WORTH AED 500

Discover radiant beauty and join the Gold Collagen beauty transformation contest! Embrace Gold Collagen's transformative power for your complexion, nourishing your skin from within for a youthful glow and great health. Gold Collagen, a drinkable anti-aging supplement, addresses skin concerns from the inside out. This award-winning supplement combines collagen, antioxidants, active ingredients, vitamins and minerals to rejuvenate your skin. Inspired by Eastern beauty rituals, Gold Collagen is a holistic, delicious elixir of health. Its world-class, nutrient-rich formulas are scientifically developed and clinically tested. Participate now for a chance to win an AED 500 Gold Collagen voucher and elevate yourself by uncovering the timeless beauty within you. Don't miss this golden opportunity to enhance your inner glow and outer radiance!

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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