

ISSUE 149 | NOVEMBER 2023 | DHS15

# Mother Baby & Child

**MEDITATION  
FOR CHILDREN**

**MANAGING YOUR  
HORMONES**

**TEACHING KIDS  
SELF-ADVOCACY**

**SEASONAL  
DÉCOR TIPS**

**EDITOR'S  
BEAUTY PICKS**

**THE  
BENEFITS OF  
LEARNING  
MUSIC!**



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A photograph of two children lying on a light brown carpet. The child on the left is a boy with short blonde hair, wearing an orange puffer jacket, looking towards the right with a smile. The child on the right is a girl with curly brown hair, wearing a blue puffer jacket over a white shirt, lying on her back with her mouth wide open in a joyful expression. The background is a textured, light brown carpet.

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# EDITOR'S LETTER

## *Hello Mum!*

On the cover of this month's issue, you'll see that we take an in-depth look at the many ways learning music can benefit your child. I remember finding so much joy in music as a girl, but what I didn't know at the time was just how much it helped my development. From changes in the brain, to teamwork skills, the language-learning advantages and the sense of wellbeing it evokes, engaging with music can be like a superpower for kids! Don't miss out on this fascinating article on page 24.



Staying on the topic of wellbeing, we've carried a thought-provoking piece on page 16, that takes a deep dive into the road to parenthood for cancer patients whose treatment may have affected their ability to have children. I spoke with two fertility specialists from HealthPlus Fertility Center, Abu Dhabi about the advancements in modern medicine that can help those affected by this disease to have their own family in the future.

Now that children have settled into their school routine, the demands of their homework and gotten used to their new teachers, I decided to dedicate the entire Education Section to exploring all that extracurricular activities can offer your little one - socially, academically and personally. Make sure to give it a read on page 35.

Last month, I talked to you about the power of saying 'Take your time' as a parent. Continuing in this series, I've included a useful article on the phrase 'How can I help?' As parents, we may underestimate the dramatic effect that certain phrases have in encouraging children to open up to us. Sometimes all it takes are the right words at the right time! Read all about it on page 23.

Elsewhere, you'll find an overview of how meditation can be a tool for little ones to learn how to soothe themselves and stay grounded (page 18), alongside a piece that examines the age-old question - how to know if your baby is feeding enough. This is a worry that plagues many new parents and can be a real concern. The article goes through feeding guidelines from 0-6 months, as well as the signs you should watch out for. You'll find the article on page 30.

This month we travel to the busy streets of London, seeking out the family-friendly hidden gems that this historic city has to offer (page 39), and we bask in the Mediterranean sunshine, enjoying a beautiful Cypriot resort with a special offer perfect for families (page 40). For my November beauty picks (page 48), I focus on the eco-friendly products I think you'll love, from Elizabeth Arden to Dr.PAWPAW.

You know I like to leave you to discover the issue for yourself, including the amazing competitions on offer. Lots of good luck to you!

Happy reading!

*Ella*

Editor

Mother, Baby & Child Magazine



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## Editor's — PICK —

### THE WORLD'S LARGEST INFLATABLE BOUNCY CASTLE IS BACK

I'm so excited to tell you that Dubai Parks™ and Resorts, the prime theme park destination in the Middle East, has just announced the reopening of JumpX. Following its successful launch in February this year, JumpX returns for another season of exhilarating fun and adventure after securing a Guinness World Record for the 'Largest Inflatable Bouncy Castle'.

The massive inflatable park at RIVERLAND™ Dubai offers adventure zones, climbable walls, tunnels and obstacles spread across multiple levels – perfect for thrill-seekers ages five and up (adults will love it too!) Additionally, JumpX offers fully catered and themed birthday parties, corporate events and can be reserved for private occasions.

JumpX is open from 4pm to 8pm from Monday to Thursday, from 4pm to 10pm on Friday and Saturday and 4pm to 9pm on Sunday. Special rates are available for Annual Pass holders and guests staying at the region's only LEGOLAND® Hotel and LAPITA™, Dubai Parks™ and Resorts, or dining at RIVERLAND™ Dubai's restaurants.

*For tickets and more information, visit [www.dubaiparksandresorts.com](http://www.dubaiparksandresorts.com).*



# I AM FUTURE EMPOWERED



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## DELICIOUS GOURMET DESSERT JARS

Who doesn't love a good dessert? If you fancy a sweet treat, I have to point you in the direction of Jarful's lineup of scrumptious offerings. Sure to appease the sweetest cravings, each Jarful dessert is meticulously handcrafted using the finest ingredients, guaranteeing an unforgettable taste. These delectable creations are housed in reusable jars, so that they not only satisfy your sweet tooth but also keep the planet smiling. Some of Jarful's newest additions include:

### Raspberry red velvet

A wonderful combination of the richness of red velvet cake and the tantalising tartness of raspberries.

### Strawberry Victoria cake

Timeless elegance meets modern decadence in layers of delicate sponge, mixed berries and fluffy cream.

### Aseeda caramel

Delight in layers of caramel, chocolate, toffee pudding and a hint of orange blossom, crowned with caramelised almond and sesame.

### Pistachio Karabeej

Elevate your dessert dreams with layers of Karabeej, pistachio goodness, delicate orange blossom, smooth chocolate and Swiss meringue frosting.

From classic cravings to exotic escapades, the diverse selection has a little something for every dessert aficionado. Jarful is available to order across all food delivery apps in the UAE.



# *From Breakfasts to Brunches!*

## ART BREAKFAST

Join us as we embark on a journey of artistry and culinary delight, and let the festive vibe take hold as we blend creativity and breakfast in association with Rayya Wellness.

Art Breakfast opens the door to a captivating realm where you can unleash your creativity by crafting exquisite candles, all while relishing a sumptuous morning meal. This isn't just about food; it's a unique opportunity to infuse your morning with inspiration and artistic expression.

While you enjoy a scrumptious breakfast, you have the opportunity to immerse yourself in activities such as crafting candles, expressing yourself on canvas, and exploring yoga art.

Sundays

Reserve your spot on +971 58 590 2583

## BRUNCH AROUND THE WORLD

We believe that dining is an art that transcends boundaries. We invite you to embark on an extraordinary gastronomic journey with our exquisite offering, 'Brunch Around The World.'

Our dedicated team of chefs have poured their passion into crafting a menu that evokes a sense of nostalgia, no matter where in the world you call home.

The magic of 'Brunch Around The World' lies in the delectable Cheese Wheel Risotto, an enticing Arabic Station offering Shawarma and two mouthwatering dishes, a Thai Curry Station bursting with flavors, a sizzling Live BBQ grill, an authentic Indian Tandoor Counter, an Italian Live Pasta Station, Oyster-on-the-go counter, a Live Sushi Counter for those who love Orient, and to celebrate sweet endings, we've got a dedicated Live Dessert Station that boasts crepes, waffles, and churros.



## THINGS TO DO



Fashion-inspired  
workshops for adults;  
a family pool day; new  
Georgian cuisine at  
Nakheel Mall and more!

## *SAMPLE THE GROOVE OF AFRO-CARIBBEAN CULTURE AT TINGIRIE*





Treat yourself and your loved ones to something a little different at Ting Irie, located in Souk Al Manzil, Downtown Dubai. Combining a spirited atmosphere with buzzing beats and vibrant flavours, Ting Irie offers a fresh and modern take on Caribbean cuisine. Making use of traditional island ingredients to elevate popular Jamaican dishes, Ting Irie promises an evening of unforgettable food, music and energy.

#### **Quality ingredients**

Authentic Caribbean ingredients are imported straight from Jamaica including scotch bonnet peppers and pimento seeds, while organic produce and meats are sourced locally. These are all brought together to create a menu complete with some of Jamaica's most loved dishes.

#### **An exciting menu**

You and your family can treat yourselves to a range of delicious starters from chicken wings in seven signature flavours, to butter-poached warm lobster rolls and crispy patty crust nachos. The menu also features the restaurant's signature appetiser, Jamaican assorted patties. You can savour these unique homemade cocktail patties with a selection of either spicy beef, curry goat or a vegetarian option.

#### **Main dishes**

Mains involve a range of chicken, meat and seafood plates bursting with Jamaica's rich culinary heritage and bathed in intense aromas. You can tuck into genuine soul food from slow-roasted 'Spitfiah Jerk Chicken' complemented with tantalising mango scotch bonnet salsa, to creamy curry goat cooked with island spices and coconut rice.

#### **An international twist**

Ting Irie has also launched four new dishes incorporating international flavours with Asian and Italian flair. Their latest offerings include the lobster ravioli, oxtail arancini, oxtail ravioli and oxtail fried rice, each enriched with diverse tastes and textures that are sure to satisfy!

#### **Pescetarian and vegetarian options**

Seafood options consist of the iconic 'Hellshire Pon Di Beach' with a Hellshire fish that is prepared as you wish, and zesty seasonings showcasing the island's love for the ocean. Vegetarians can also take part in the feast, thanks to the comforting vegetable curry, Rasta pasta topped with homemade pesto and jerk eggplant risotto.

Those in your party with a sweet tooth can indulge in a range of decadent desserts such as the classic 'Wash Off Yuh Hart', featuring a coconut mousse in a dark chocolate shell with caramelised coconut-infused crisps and sorbet. Delicious!

Carefree vibes, cheerful service and a colourful interior ensure that a trip to Ting Irie is an excellent night out. DJs playing popular reggae, hip hop and dancehall music will entice you to groove to the rhythm and delight in the medley of beats, guaranteeing a spectacular evening.

**For bookings and more information, call +971 4 557 5601, email [info@tingirie.com](mailto:info@tingirie.com) or visit [www.tingirie.com](http://www.tingirie.com).**

## DIP YOUR TOES INTO A WELL-EARNED DAY BY THE POOL

Kempinski Hotel & Residences Palm Jumeirah is delighted to introduce its exclusive Beach and Pool Day Pass, inviting you and your family to experience the essence of resort living within their serene palm-filled oasis.

You and your loved ones can bask in the sun, relish crystal-clear waters and immerse yourselves in a day of pure self-care as the weather in Dubai gradually cools down. The pass grants visitors a full-day access to the resort's stunning 250 metre private beach and the sprawling 1,200 square metre free-form style pool, surrounded by palm trees and lush green gardens. From 9am until sundown, the resort provides the perfect backdrop for a serene escape. As if that wasn't enough, up to AED 150 can be redeemed on a delightful range of food and beverages, ensuring a truly enjoyable day out.

This offer ensures a personalised and intimate experience for your family, operating on a first-come-first-served basis. Those with children under 12 can enjoy complimentary access for little ones when accompanied by adults.



**Location:** Kempinski Hotel & Residences Palm Jumeirah

**Time:** 9am to sundown

**Price:** AED 250 per person

**For more information, call +971 4 444 2000 or visit [www.kempinski.com/en/palm-jumeirah/overview/offers/pool-beach-day-pass](http://www.kempinski.com/en/palm-jumeirah/overview/offers/pool-beach-day-pass).**

## FESTIVAL BAY RETURNS



Dubai Festival City Mall has unveiled Festival Bay for another exciting season of memorable experiences. Open to visitors now until 30th April 2024, Festival Bay promises a diverse selection of new events and fun activities.

### Delicious food

As part of the Festival Bay experience, you and your family can enjoy The Bay by Social, a dynamic space featuring a food market, carnival game stalls, cultural events, interactive art installations and renowned culinary selections. These include Doloma by Chef Shaheen, Stardaks by WAWA-Dining, La Baguette De L'Entrecôte, Scoopi Café, EETEN Urban Kitchen and more!

### Events and entertainment

The Bay by Social will also be home to a variety of events from comedy nights and food festivals to weekly art shows, musical performances by popular artists, roaming entertainment and dancers, as well as seasonal events including Diwali and Christmas. The Bay by Social is the perfect environment to explore an array of cuisines, catch up with loved ones and escape the bustling city.

The Carnival at The Bay by Social will offer you and your loved ones access to carnival game stalls to try your luck at winning prizes, as well as archery and axe-throwing stations! The inflatable park is a wonderland of giant slides and obstacle courses that promise endless thrills for little ones, while the giant trampolines will let everyone test out their acrobatic skills.

Throughout the remainder of 2023 and into 2024, Festival Bay promises a calendar packed with cultural events, comedy nights and workshops led by experts in sports, entertainment, art therapy, yoga and cooking, so stay tuned for further announcements!

**For more information, follow @dubaiFestivalCityMall or contact [dubaiFestivalCity@ipn.ae](mailto:dubaiFestivalCity@ipn.ae).**

# GORGEOUS GEORGIAN CUISINE AT SHVILI

The UAE's most popular Georgian restaurant brand Shvili, has just launched a second branch inside Nakheel Mall. As with its sister restaurant in Dubai Hills Mall, this Shvili will include family-friendly dining, an interactive and 'eduplaytional' kids' den, workshops for all ages (including mum and dad!) and will of course be eco-friendly.

Little guests will love visiting Shvili's activity hub, where they can get stuck into daily cooking classes and nature-based activity sessions to educate and entertain while the grown-ups enjoy a delicious and peaceful meal.

Shvili's cosy interiors are adorned with live plants and dark wood, akin to a Georgian home, where Head Chef Lea Mardaleishvili serves traditional family recipes made with fresh ingredients. This ensures that every visit to Shvili Nakheel Mall is a journey to the heart of Georgia.

**For bookings and more information, visit [www.shvili.ae](http://www.shvili.ae).**



## DISCOVER FASHION-INSPIRED WORKSHOPS AT THE OUTLET VILLAGE



fashion and style game while being mindful of the environment. Workshops run on weekends from 4pm to 9pm.

### Elevate your old clothes

Do you have outfits in your wardrobe that you don't know what to do with? Bring them to The Outlet Village, where you can cut, paint, paste and creatively repurpose them. It's perfect for any items that are too old to donate or too precious to part with.

**When:** November 4th, 5th, 11th, 12th, 17th, 19th, 25th and 26th.

### Photography masterclass

Learn the secrets to creating captivating photographs and how to strike model-worthy poses. Understand the techniques to transform your presence in front of the camera with the right body language, producing stunning shots. Participants will also receive a high-quality digital photograph of themselves to take home.

**When:** November 5th, 12th, 19th, 24th and 26th.

The Outlet Village is getting into the autumn and winter season with a series of fashion-inspired workshops. Customise fragrances, create statement jewellery pieces, discover the art of block printing and learn about fashion styling this autumn at the Tuscan-style mall, with activities every weekend until 26 November.

### Fashion workshops

From upcycling worn items to revitalising new ones, discover how to boost your

### Create your own jewellery

A master jeweller will host hands-on workshops to share their wisdom with you. Create original statement jewellery to match your winter wear vibes using colourful beads, stones and eye-catching materials.

**When:** November 3rd and 10th.

### Play with perfumes

Coco Chanel once described perfume as 'the invisible, unforgettable, fashionable accessory that announces your arrival and prolongs your departure.' At this guided session, you can discover the world of perfumery and how to pick up delicate notes to blend an aroma that is unique to you.

**When:** November 3rd, 4th, 10th, 11th, 17th, 18th, 24th and 25th.

### Become a make-up pro

A professional makeup artist will be sharing trade secrets on how you can shake up your make-up game. Try it out to learn about the latest tips, tricks and trends.

**When:** November 18th.

**For more information, visit [www.theoutletvillage.ae](http://www.theoutletvillage.ae).**

# WELLBEING



How meditation could help your child; the road to parenthood for cancer patients and more!





# EATING FOR BETTER HORMONE HEALTH

*Ann Marie McQueen, health and wellness journalist and founder of Hotflash inc, explores the complex relationship between diet, hormones and health, highlighting key insights from experts in the field.*

No matter our age, every single bite we eat has an impact on our hormones. The job of figuring out how to eat for our body's systems and our cellular health is a big responsibility and a lifelong journey. Happily, these efforts are rewarded with us feeling better and living a longer, healthier life, making it very worthwhile.

## INSULIN RESISTANCE

Something everyone has to watch out for these days, no matter where their reproductive journey is at, is insulin resistance. This happens when cells in our body become less sensitive to insulin, meaning they have to take up more glucose from the blood, prompting the pancreas to make more insulin. This is not a good loop and serves as a warning signal, because it is a precursor to pre-diabetes, diabetes and indeed many diseases.

## CAUSES

There are a number of causes of insulin resistance, including a diet high in processed foods, such as vegetable oils and sugary foods. Lack of sleep and a sedentary lifestyle also contribute, as do genetics and a range of other factors. When it comes to perimenopause, as Lara Briden, the New Zealand-based naturopathic doctor and author of 'Hormone Repair Manual' writes, women are particularly vulnerable because at this stage, their progesterone starts to fall and their oestrogen starts to rise and fall - and both are responsible directly or indirectly in regulating how insulin works in our bodies. There are also links



between insulin resistance in women who have PCOS and those on hormonal birth control, so if either are things you are dealing with, it's best to be extra vigilant.

Many women find that they experience hormonal disruptions in the years leading up to menopause, and these are often accompanied by a stubborn shift in fat distribution from the hips to the stomach. Weight around the middle can be caused by inflammation in the body and it can lead to more inflammation in the body, creating a frustrating loop that it can be hard to get out of. Often women do more of what they've always done - eating less, working out more - and find that it just doesn't work, but they don't know what else to do.

## DIET IS THE KEY

Here, we look at some of the ways you can leverage your diet to tackle your hormonal health, as recommended by some of the top experts in the field.

### Eat to beat insulin resistance

The first port of call is to cut down on processed foods, rice, potatoes and bread, as well as sugar, fruit juice and even fruit. Abu Dhabi-based integrative and functional dietitian, Farah Hillou, recommends going a few (easy!) steps further towards avoiding or reversing insulin resistance and prediabetes too. These include increasing your body's energy demands by going for a walk after meals, eating green leafy vegetables first, followed by fat and protein and then carbs, and finally, drinking some apple cider vinegar (with the mother) in a glass of water before eating.

### Foods to avoid

Foods that cause a large insulin response should be cut down on where possible. These include:

- ✓ Bagels
- ✓ Cakes

- ✓ Sugary cereals
- ✓ Fruit juices
- ✓ Pastries
- ✓ White rice
- ✓ White pasta
- ✓ White bread

Foods that cause a moderate to high insulin response should be eaten less frequently. These include:

- ✓ Bananas
- ✓ Oat or cereal bars
- ✓ Potatoes
- ✓ Oat bread
- ✓ Raisins
- ✓ Carrots
- ✓ Brown rice

## Foods to include

Foods that cause a low to moderate insulin response are good options for your diet. These include:

- ✓ All-bran
- ✓ Apples
- ✓ Chickpeas
- ✓ Peas
- ✓ Pinto beans

Foods that don't cause too much of an insulin response should be eaten in abundance. These include:

- ✓ Black beans
- ✓ Broccoli
- ✓ Cherries
- ✓ Green, leafy vegetables
- ✓ Peanuts and peanut butter
- ✓ Pears
- ✓ Plums
- ✓ Soybeans
- ✓ Tomatoes
- ✓ Wild rice
- ✓ Yogurt

## Focus on what you can add, not subtract

Karen Newby, nutritionist and author of 'Natural Hormone Methods', says women often eat low-nutrient food, low-protein food

and foods that are low in phytoestrogens. Tofu, tempeh, edamame, linseed and flaxseed, for example, are effective ways to boost your oestrogen naturally.

By shifting the emphasis to adding a range of therapeutic, nutrient-dense foods, eating for perimenopause becomes more about fuel and less about deprivation. The trick is to focus on them from breakfast. Adding more protein from the start of your day, for example, will reduce sugar cravings throughout the late morning, afternoon and evening.

## Take a pro-metabolic view

Many women hit perimenopause with decades of ingrained bad habits, having punished their bodies with dieting, over-exercising and major amounts of stress for years. Untangling this and learning how to support the body, by eating enough or figuring out good sleep, is the approach that Kate Deering, a personal trainer and holistic nutritionist based in San Diego, takes and shares in her book 'How to Heal Your Metabolism'. Taking an energetic approach means shifting to how best to support energy production in your cells. When they are producing adequate energy, then all your body systems have the right fuel to function. In this case, learning how to manage or reduce stress can be just as important as eating more nourishing foods.

## Cut back on ultra processed foods

Ultra processed foods are, by their very nature, refined. That means we can eat

a lot more of them, unlike fibre-rich vegetables. As nutritionist Karen Newby says, these foods destabilise our blood sugar, sparking lows which give way to irritability and mood swings and cause more cravings. When our blood sugar is low, our cortisol, adrenaline and noradrenaline all rise, which strains our overall health, promotes inflammation and is linked to weight gain, headaches and high blood pressure. Many women also experience hot flashes during perimenopause because their oestrogen is dropping, impacting their ability to properly regulate their temperature. However, a lot of women find that when they cut down on processed foods and sugar, their hot flashes and blood sugar stability improve, and when they go back to processed, sugary foods, these symptoms worsen again. These refined foods are also full of chemicals that overload our livers, which have been working hard to process everything we've thrown at it in our younger years.

## THE ROLE OF SLEEP

One of the key questions to ask yourself is how you can create balance in your everyday lifestyle. These days, women's bodies have to cope with long working days, high levels of stress and too much blue light from screens, along with many other lifestyle factors. All of these interrupt our relationship with sleep and sleep is one of the main foundations of hormonal health. Make an effort to go to sleep and wake up at roughly the same time every day, and if you can, try to get to bed on the earlier side and rise early too. Getting out for a morning walk to get light into your eyes will make a huge difference to your circadian rhythm. This then triggers your body to make the correct amount of serotonin throughout the day, which then converts to melatonin in the evening, which promotes a good night's sleep. This has a cyclically positive effect on your hormonal health - a win-win!

As a woman who wants to improve her hormonal health and lessen, or even avoid, some of the symptoms of perimenopause, the best and simplest approach is to focus on nutrient-dense, fibre-rich whole foods, protein and healthy fats, whilst majorly cutting down on processed foods and sugars and managing your stress properly. Do this, and your hormones should be happier than ever!



# THE ROAD TO PARENTHOOD: FERTILITY PRESERVATION FOR CANCER PATIENTS

*Cancer treatment can lead to infertility but with careful planning, there is so much that can be done to help patients become parents in the future.*

In the initial aftermath of a cancer diagnosis, there is so much to process. Alongside a treatment plan for the disease, another question that many have to face is whether their treatments will impact their ability to have a child in the future. Once upon a time, certain cancer treatments meant this was often not possible. However, thanks to the advances of modern medicine, this no longer has to be the case.

## HOW CANCER CAN AFFECT FERTILITY

With the development of technology, cancer has become increasingly treatable, providing many patients with the chance of a cancer-free future. However, cancer treatment may have a significant impact on the fertility of patients and can be a real cause of concern for those wanting to have children. Thanks



to the research pursued by the medical community and the introduction of fertility preservation options, patients are now often able to have hope of building their own family one day.

## EXPERT OPINION

We spoke to two fertility specialists from HealthPlus Fertility Center, Abu Dhabi, to learn more about the options that cancer patients have and how each method is best suited for different patient needs.

“Cancer treatments can significantly impact a patient’s fertility in a number of ways. Chemotherapy, radiation therapy and surgeries can potentially cause harm to reproductive organs and minimise a person’s chances of having biological children,” says Dr. Ripal Madnani, a Reproductive Medicine and Infertility Specialist at HealthPlus Fertility Center, Abu Dhabi.



“However, with the fertility preservation options that we have today, we are able to take action to help prevent the loss of fertility and ensure that cancer patients have a good chance of being able to start their own family, either after treatment or later in life when it aligns with their life plans,” Dr. Madnani tells us.

## YOUNGER PATIENTS

Fertility preservation options should not only be considered for adults, according to Dr. Sumi Thomas, Reproductive Endocrinology and Infertility Specialist at HealthPlus Fertility Center, Abu Dhabi.

“When children and adolescents are diagnosed with cancer, they are often referred to us to consider fertility preservation options, in order to be cognisant of their future choices to build a family. We want to make sure that we are giving these patients the option to have children in the future if they wish to do so,” she says.

“We first educate the parents and patients on the full scope of the treatment. Then we are able to start the procedure, by removing and preserving samples needed for successful reproduction at a later stage. We also work with oncologists to suggest ways in which patients can consider boosting their fertility where possible once they complete their cancer treatment.”

## POPULAR TREATMENTS

While there are multiple fertility preservation treatments, here we look at the most popular.

### Egg and sperm freezing

As one of the most common and popular ways to preserve fertility, egg and sperm freezing offer patients with cancer a safety net, since it preserves their reproductive potential. The procedure itself is often carried out within a day, during which samples are collected and stored in a cryogenic unit for future use.

When the patient is ready to access their samples and start a family, they can consider in vitro fertilisation (IVF).

## Ovarian tissue cryopreservation

Considered an effective way to restore the function of female reproductive organs, ovarian tissue cryopreservation provides patients with the chance to normalise their hormone secretion in the future, in order to support their reproductive abilities. Once samples of ovarian tissue are removed, they can be implanted back in the patient to help restore and resume their reproductive function.

## Shielding

When undergoing cancer treatment, patients have their reproductive organs shielded. This process reduces the risk of damage to ovaries and testes. This option is for patients who have already undergone other fertility options to ensure that they have samples of healthy reproductive tissue to use when needed.

## THE IMPORTANCE OF FERTILITY TREATMENT

“We have come a long way. As physicians, our message to patients recently diagnosed with cancer is to seek care from a fertility expert as soon as possible, and prior to starting treatment. As a M42 company, HealthPlus Fertility Center has invested in bringing to market innovative techniques to help meet patients’ fertility needs. These methods are data-backed and have been proven to be effective forms of treatment that will help with patient’s future plans,” stresses Dr. Madnani.

“We are always here to support our patients to make informed decisions about their current and future reproductive health. While there is a lot of psychological stress that they may be undergoing during their cancer treatment, which is important not to downplay, it is essential to manage to consider fertility treatment options at this time as it empowers patients to lead the life they dream of for themselves,” says Dr. Thomas.

A cancer diagnosis can be extremely difficult, but it does not have to prevent someone from being a parent in the future. With modern medical techniques, which are advancing rapidly, there is hope for those wishing to have their own family and to experience the joy of parenthood.





# MEDITATION: THE ULTIMATE TOOL FOR SELF-SOOTHING

*Meditation is a hugely underrated technique for helping your child to mind their mental health. Let's take a look at how it works and how you can get them started.*

Nowadays, society places such high expectations on children. From doing well academically to having an ever-growing social circle, there is a huge amount of pressure on our little ones to keep up with trends, and to avoid 'falling behind' in any sense. This pressure understandably takes a toll on the mental health of children. For kids, it seems that there's no longer any opportunity to take a step back and check in with themselves - their lives are just too busy and too demanding.

One of the best tools for tackling this issue is meditation. Meditation is like a time out for your child's mind. It offers a chance for them to be still, to let their thoughts slow down and to regain perspective on their day. Research suggests that regularly practising meditation produces a range of benefits. These include improved self-control and ability to pay attention, decreased aggression, as well as treating symptoms of issues such as anxiety and depression. Let's take a look at how meditation can help your child.

## HOW DOES IT WORK?

There is much more to meditation than just trying to calm down. Studies have shown that it can, in fact, have a profound effect on your little one's brain. The rational, thinking and problem-solving part of the brain is called the prefrontal cortex. This area is specifically strengthened through meditation. Similarly, the amygdala, the brain's 'fight or flight' centre, decreases in size. The result of these changes can be very noticeable. Children will be more able to manage their emotions and

think clearly, while being less likely to lose control when they experience heightened stress or fear.

As adults, we've fully developed our brains and neural pathways - meditation can still have an impact but it is particularly effective with children. Given that their brains are still actively growing and changing, meditation can help to ensure that they develop into empathetic, calm and emotionally stable individuals.

## BENEFITS FOR CHILDREN

Having touched on a few of the benefits of meditation for your children, let's dive a little deeper.

### Reduced stress

One of the primary reasons to consider introducing your child to meditation is its dramatic effect on stress levels. It can help to reduce your little one's heart rate and steady their breathing. Additionally, it helps to reduce the level of cortisol (commonly known as the stress hormone). As a result of practising meditation, your little one will be better able to experience the inevitable worries of life without getting completely overwhelmed.

### Boosted concentration and learning

One of the biggest obstacles to your child's ability to concentrate and learn is stress. A worried child is a distracted child. With a tool



like meditation to help manage their stress, children are more able to focus on the task in front of them. They'll be much better able to pay attention in class, to learn each new topic and to perform well without becoming too stressed.

### Improved sleep and immunity

Meditating can have a really positive effect on your child's general health. Two aspects that parents often worry about are their little ones' sleep and immunity. The de-stressing nature of meditation will help your child to put down their fears and anxieties before bed, naturally enabling them to fall asleep more quickly and to get a higher quality sleep. It's also widely accepted that excessive stress can take a toll on our immune systems. The cortisol reduction that comes from meditating means that there is less of this potentially harmful hormone in your little one's system and, therefore, better immunity overall.

### Better confidence and awareness

Anyone that has regularly meditated will attest to the confidence and self-esteem benefits that it brings. There is a somewhat constant sense of inner calm that can't really be touched by the outside world. Enabling your child to access their own inner calm is a truly wonderful gift.

So many children (and adults!) aren't aware of their emotions and, as a result, are very reactive throughout their daily life. Oftentimes, their emotional state is

completely dependent on their interactions that day. It doesn't have to be this way! Meditation will help your child to check in with themselves much more often, and thus develop a deeper understanding of themselves.

This awareness of self is like a secret superpower that helps kids to avoid getting swept up in the waves of stress from school and social pressures. With these regular check-ins, your little one will learn more about what they're actually feeling, what influences their emotions and how they can control their behaviour. A deeper understanding of self breeds a sense of confidence, self-esteem and self-compassion that will encourage your little one to honour themselves and to avoid falling foul of peer pressure.

## TYPES OF MEDITATION

If you haven't meditated before, it's likely that you have a preconceived idea of what it's all about. It's possible that you don't think meditation is suitable for your child because they find it hard to sit still. The truth is that meditation requires far less effort than you might think. In fact, it's often more effective when you stop trying so hard! Here are a few types of meditation that are suitable for kids:

### Balloon meditation

Balloon meditation is particularly effective for younger children. The premise is simple - encourage your little one to imagine a big balloon in their favourite colour. When they

breathe in, tell them to imagine the balloon expanding in size, filling up with all of their worries. Then they exhale deeply and imagine the air leaving the balloon, taking their stresses and fears with it. This can be repeated a number of times, and will slowly help your child to let go of their negative feelings.

### Mindfulness meditation

Mindfulness is a great type of meditation that works well for children who struggle to slow their thoughts. The focus of this style of meditation is on your child's senses. Sitting comfortably in a chair with their eyes closed, tell your child to bring their attention to their breathing, to feel the rise and fall of their chest. Next, they can zoom into different parts of their body. For example, how their back feels against the seat, how their feet feel on the ground or how their hands feel in their lap. Talk your little one through each of their senses, helping them to explore the sounds they can hear and the scents they can smell. This technique can calm an anxious child by drawing them back into the present moment.

### Guided meditation

Guided meditation takes the pressure off parents who are trying to help their children to meditate. There are countless child-friendly guided meditations on YouTube that will take them on a journey through their imagination. This style of meditation is particularly good for little ones who may find the other types harder to relax into, or even boring! With guided meditation, all they have to do is close their eyes and follow the instructions. Some children find these a lot more engaging and are much more willing to get involved. Lots of guided meditations will have a lesson embedded within them, usually about love, kindness and gratitude. You may find that you'll give it a try alongside your little one and reap the relaxing benefits!

## A TOOL FOR LIFE

Meditation is a free and easy way to bring a sense of calm to your child. Regular practice can make all the difference, dissolving any anxieties or fears that may be holding your little one back. With the knowledge of how it works and where to start, you're ready to help your child build their self-esteem and find inner peace. Being able to practise meditation will enable them to self-soothe under any circumstances and blossom into the confident young person they were born to become!

**AGRA ME 2023:**

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Agra Me, the premier international agriculture and agribusiness exhibition, is thrilled to announce the return of its highly anticipated event in 2023. This year's expo promises to be a groundbreaking convergence of cutting-edge technology, sustainable practices, and industry expertise, aiming to shape the future of agriculture for a more resilient and sustainable world.

The EU Financed campaign EU Fresh Fruit Gift participated in the AGRA ME 2023 expo where the visitors had the opportunity to meet representatives of the participant organizations at Booth No H4-P032, at the Dubai World Trade Centre. At the booth the visitors were able to get informed about the superior quality European products, the strict superior quality and food safety production standards, and discuss the possibility of further business collaboration.

The EU financed campaign EU FRESH FRUIT GIFT aims to promote the European fresh cherries and blueberries from Greece and Romania to consumers in India, UAE and UK. The participant organizations are Agricultural Cooperative of Rachi Pieria "Agios Loukas" (AC Rachi) from Greece -coordinator and The Association of South Fruit Producers -FRUCTPROD from Romania.

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Savor the Juicy Delights  
of the European Nature

**Cherries** from Romania & Greece – **Blueberries** from Romania



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# PARENTING



Teaching kids self-advocacy;  
why learning music  
advantages your child;  
the challenges of modern  
parenting and more!





# THE POWER OF SAYING ‘HOW CAN I HELP?’

*If you’ve ever struggled to understand what’s bothering your child, try saying ‘how can I help?’ It’s a simple way to encourage your little one to open up and give you insight into their worries.*

It’s easy to forget how scary many aspects of childhood are. Being a small child in the big world can be intimidating and overwhelming, and maybe even a little terrifying! When faced with negative feelings or an undesirable situation, the natural reaction for many children is to shut down and get upset.

For parents, it can be very useful to have a few ‘go-to’ phrases on hand to coax your little one out of the mood they’re in and to help them move past whatever is troubling them. One such phrase is, ‘how can I help?’

## OFFERING SUPPORT

As soon as your child hears the words ‘how can I help?’, they’ll feel supported. As long as you speak in a gentle and patient tone, your little one will know that they can relax slightly, and that you have their back. It might be the case that your child has fallen and hurt their knee, or had an argument with a close friend, or even that they’re upset because they got in trouble at school. Whatever the issue, try to initially put the consequences aside and do what you can to help your child.

While most children will want their parents to take the lead if they get themselves into a bad situation, saying this magic phrase shows them that you value their input. Your child will feel that you are willing to listen to them and want to help in a way that suits them.

## GETTING TO THE ROOT

Another reason that saying this magic phrase to your little one is so effective, is that it can help us parents to understand what the root cause of our child’s woe actually is. Saying ‘how can I help?’ is like donning your investigator’s hat. This question is the perfect gateway to opening a conversation with your child about how they’re feeling. If you notice that your child is upset about something and you ask ‘what’s wrong?’, there’s a chance that they’ll feel confronted and avoid the question. If you were to press them on it, they may prefer to say that they’re fine, rather than open up.

‘How can I help?’ works brilliantly because it circumvents the issue of whether or not your child is upset and instead positions you on their side, ready and willing to assist them. This means that they’re much more likely to tell you what’s affecting them, through asking you to help in a specific way. Based on the help that they ask you for, you’ll be able to deduce what the root cause of their worry is.

As a parent, it’s very useful to have a few magic phrases up your sleeve. Not only will ‘how can I help?’ encourage your little one to express themselves, it’ll also make decoding your child’s worries a lot easier!

# THE BENEFITS OF LEARNING MUSIC

*In this article, we go through the developmental advantages music can bring to your child, as well as ways to incorporate rhythm, melody and song into your home life!*





It's clear why many little ones are drawn to music - they can bop their heads, sing aloud as much as they like or move their bodies to the rhythms without fear of being told off. These actions can be a natural outlet for most young kids, but did you know that music has other proven benefits for your child's early development? These can include boosting their fine motor skills, their grasp of language, their ability to express themselves and their self-esteem. Let's dive in!

## THE IMPORTANCE OF MUSIC

There are many positive effects that music can give your young child. These advantages are multi-layered, encompassing their social, physical, academic and emotional development.

### Social connections

Music is a very bonding thing. Studies suggest that singing together has a powerful effect on the brain, reducing feelings of loneliness and amplifying a sense of connection. Therefore learning or engaging with music can be a great setting for your child to bond with others. As a young learner, activities like singing, dancing and rhyming feel close to playing, and are fun and easy to get involved in, whilst automatically building up communication skills and a sense of togetherness. This is especially relevant for shy children, but all kids can benefit from the social boost that music provides.

### Boosting the brain

There are a number of studies that strongly suggest a relationship between exposure to music in early childhood and an acceleration in brain development. The research indicates that kids who regularly engage with music from an early age tend to have stronger reading and language learning skills, as well as better communication. What's more is that separate studies also suggest that learning an instrument early on can boost your child's mathematical abilities. The influence music can have over brain development is one of the greatest gifts you can offer your young learner!

### Managing feelings

Music has an inexplicable influence on our emotions, more than most art forms, and can also be a mirror for expressing how we feel. Everyone has experienced this, from a song that reflects back the pain we are experiencing, to the upbeat track that puts a smile on our face and a pep in our step.

Plenty of parents utilise this at bedtime, by playing calming, classical music to help ready little ones to sleep. However, music can, and probably should, be used in the opposite situation too - as a mood-booster! Fostering the use of music to express or manage emotions can be a really beautiful gift to your child. Not only will kids learn a new avenue for self-expression, but they will also learn to reach for and take comfort in music during more challenging moments.





### Working as a group

Music can be a solo pursuit, especially for older kids. For younger learners however, music is often a group activity. This could come in the form of dancing to songs together as a family, singing nursery rhymes at home, or a music class of some kind that involves other children. Music is a naturally bonding medium, a kind of art that usually involves teamwork, communication and cooperation. Whether it's through repeating rhymes or lyrics, practicing and beating a rhythm as a group, practising rounds or harmonies, or learning a 'call and response' song, music can often involve working together to achieve a common goal. This is a great way to lay the foundational skills necessary for group work and teamwork, an ability that will stand to your child as they progress through their education and indeed, their life.

### Gross motor skills

Believe it or not, music can help kids of all ages to improve their gross and fine motor skills. Most kids are the same - when they catch a snippet of a song, they can't help but dance and

sing along! Although this seems like a simple activity, it can actually help little ones cement the building blocks of their mobility skills such as bending, jumping, kicking, waving arms etc. Dancing rhythmically is also a wonderful way to increase your child's muscularity and strength, positively influencing their gross motor skills.

### Fine motor skills

Fine motor skills are how we make smaller, more specific movements, particularly with our hands and wrists. These skills involve dialogue between the brain, nerves and muscles to produce exact movements. Fine motor skills are important in carrying out lots of school-related tasks and they're built on the foundation of gross motor skills that allow us to make bigger movements. Examples include gripping a pen or pencil, drawing pictures and writing, using scissors, glue or rulers. Playing an instrument requires children to hone these connections between their hands and their brain, building up their fine coordination and allowing them to transfer these skills to other tasks.

### Storytelling

Songs have lyrics that are often interesting and different to everyday speech, helping to create images and ideas that spark a child's imagination. Rhythm, phrasing patterns and musical cadence all add an extra layer that can help kids memorise the words and grasp the ideas behind the words better than reading or speaking alone. This means that songs can be a great way to teach children about the world around them, from plants, animals and people, to events and ideas. Unsurprisingly, nursery rhymes have been linked to better storytelling skills, a vital element of communication, socialising and creativity. By showing your little one how to participate in a nursery rhyme, you can pave the way for your child to become a good storyteller and all of the helpful doors that this will open for them.

### Confidence

Music is a lovely avenue for building self-esteem in children. Singing, dancing, clapping, nodding and drumming a beat all require little ones to use their voices and their bodies to

occupy lots of auditory and physical space. This can be a clever way to naturally help less confident kids to blossom.

For children who have Autism Spectrum Disorder, music therapy is a wonderful tool for developing self-esteem, as well as their overall skill set. For these little ones, traditional teaching methods might not prevail in the way that they might need. Music might pick up this slack, providing an alternative avenue of communication and learning for children at a variety of levels. Singing songs and picking out a melody on an instrument can give children of all needs a real and lasting boost in self-confidence.

## MUSICAL ACTIVITIES AT HOME

For those parents who perhaps didn't grow up with music and feel like beginners, here are some easy activities you can try at home.

### 'Band' practice

Gather any workable home materials and 'play' music together - whether this means melodies or beats. You can use a toilet paper roll as a drumstick or fill a paper bag with rice for a homemade shaker. If you're brave (and the neighbours allow it!) you could use pots, pans and wooden spoons!

### Dance it out

This one is very simple, but no less fun - put on a collection of your child's favourite songs and have a dance party! Encourage your child to get their groove on, and maybe even make up

your own dance routines together. This is also a great way to get rid of any stresses, whilst also boosting their coordination and creativity!

## Musical chores

Imbue some of the least fun activities (chores) with a fun and exciting soundtrack that every member of the family can sing and dance to together as you go about your jobs. Good options for little hands include wiping the lower half of the windows, tidying away toys or 'helping' you polish. This is an easy way to incorporate a little more music into your family life, while also keeping the house clean along the way!

## OLDER KIDS

Not only does music bring a lot of joy, there are other ways it continues to benefit your child as they get older.

### Spatial intelligence

Spatial intelligence is the ability to visualise with the mind's eye, glean information visually and do well at tasks related to shapes, patterns and colours. It's an excellent kind of intelligence for problem-solving, from complicated maths, to drawing graphs or packing a lunch box with everything needed for the day.

### Creativity

Music is a creative pursuit and like most arts, questions about it often have more than one right answer. This is quite different to the traditional

skill set honed at school and it's the creative thinking needed for music that allows a person to come up with unusual solutions to problems, examine issues from less rigid perspectives and generally think outside the box.

## Embrace cultures

People who differ in language, religion or ethnicity can appreciate and enjoy each other's music. It's one of few things that has no borders and is its own form of communication, thus music encourages kids to engage with aspects of other cultures with respect and empathy for the people who created it.

## Group work

As music lessons become more serious, older children may get the chance to play in an ensemble. This could be a jazz group, orchestra, choir, chamber group or band. For these to work, the kids must work together in harmony and take responsibility for their part. This takes commitment to learning the notes, practising properly and making time for rehearsals, all with a shared goal in mind, be it a performance, a set or a competition.

## Hard work

At the end of the day, continuing with an instrument as you get older takes time and effort. Music is an arena where practice and dedication makes all the difference to whether the right notes are played, the rhythms are correct, the tone of the instrument is as melodic as possible etc. Putting in this effort involves a stretch of students' inner resources and at times, their resilience. By studying music, kids learn the value of consistent effort in achieving excellence and are also rewarded with the concrete fruits of their labour - a beautiful piece of music! This is a very useful skill in other areas of an older child's life, from exams, to exercise and beyond.

In addition to the happiness and reward of being able to sing a song or play an instrument, you will now hopefully be able to see how learning music benefits children in a number of interesting ways, from their very early stages, all the way through to their older years. It's also worth mentioning that, while these advantages are wonderful, music and arts education is also a worthy end in and of itself. Whether you choose to bring music into your home or opt for a more formal education for your little one, you are sure to experience the many benefits it will bring to your child's life.





# THE EVOLVING CHALLENGES OF MODERN PARENTING

*Rachna is a devoted mother and an accomplished children's educator and remedial therapist. She talks to us about the shifting demands of parenting in this modern age.*

Rachna Narwekar has a wealth of expertise and experience in parenting and children's wellbeing. She runs a children's recreation and experience centre where all activities are created to support children's social, emotional and cognitive development. The aim of this is to emphasise their holistic development, and it's this rounded approach that she recommends for modern parents. Let's take a closer look at how this translates into your day-to-day experience of raising kids.

## A FULL-TIME JOB

There is no one way to be a perfect parent. We each have to find our own way to be a good one! There can be a lot of external pressure to do things a certain way or to give more. It's important to remember that parenting is the most demanding job in the world. As such, be kind to yourself as you

work out the way to parent that works best for you and your family. There is no practice run and as much as many of us would love it, unfortunately the task of raising children does not come with a manual to make it clearer. Parenting is a process!

## CHALLENGES

Was it easier for our parents and grandparents? How did they manage to keep us all connected as a family? How did we become successful individuals? These are questions that I hear from many parents as they face the difficulties of parenting in this modern era. Let's dive into some of the common challenges faced by parents of today.

### New family structures

Our parents typically lived in a joint family set-up with many extended members living together in the same space or very nearby, which meant more support and love for each family member, adults and kids alike. Today's families are nuclear or even single parents living with one child, meaning there's now more pressure on each parent without the built-in support of other adults at home.

### Higher expectations

Expecting excellence from children adds to the pressure not just on the child but also on the parents. Attending school, finishing homework on time, extracurricular activities and screen time stimulate the brain, which can lead to emotional exhaustion.

### Information overload

Overexposure to information and constant use of technology is one of the most challenging issues for today's parents. Conversations while driving to school or at the dinner table have drastically reduced, replaced by an absorption in our phones or iPads. It's really important for your child's mental health, proper development and for the quality of your relationship to intentionally buck this trend by limiting screen time and spending time daily talking together without distractions.

## SOLUTIONS

What can we, as parents, bear in mind in order to overcome these challenges?



### Choose your battles

As strange as it may sound, pick your battles with your children wisely. Certain things like finishing homework and brushing your teeth before bed are not negotiable. That said, it is okay to bend the rules every once in a while.

### Practice acceptance

Accept the person your child is turning into. Let them bloom into the individual they need to become. Each of us is unique and special in our own way. Try to create a stable emotional environment, as well as the space and freedom needed for their growth.

### Foster curiosity

If you want your little one to become a globally aware citizen, it may be best to allow them to question things around them and answer those questions with as much truth as possible to satisfy their curiosity.

### Embrace failure

Let them know it's okay to fail. Show and tell them how you may have failed at some point in your life and how it was actually a great lesson towards success. Share what you learned from those failures and encourage them that they have many 'attempts' and a failure is simply a 'first attempt'.

### Be the example

Set ground rules for the use of digital devices at home. No phone at the dinner table is an essential rule to follow. Meal time should be

a time to talk about your day and share the good and not-so-good parts! You know what's best for your child. It's great to get advice from other parents, but you need to trust your instinct and act on that for your child's betterment. As parents, we should be patient, objective and present for our children as much as we can each day.

### Self-care and support

Build a strong support system around you, and remember you don't have to do it alone. It really does take a village to raise a child, so don't be afraid to ask your tribe for help! Additionally, take quality time out for yourself and as a couple to unwind. A healthy relationship with yourself and your partner translates into a happy household. Parenting works best if we can recognise that parents should take care of themselves too, in order to be effective caregivers.

At the end of the day, parenting is a unique journey that is highly individualised to the personalities you have at home. Some of the best things to focus on can be some of the most traditional - the benefits of having other adults that you trust around you for support, the importance of talking together without distractions and the need to have firm boundaries around screen use. There is no one-size-fits-all answer, but with these tips, you should be able to find the balance that works best for you!

# IS MY BABY FEEDING ENOUGH?

*A common concern among new mothers is whether or not their little one is intaking the right amount of milk. Here are some guidelines for the first six months.*

Having a baby is one of the most profound and daunting experiences in life. No matter how many parenting books you read during pregnancy, it's completely natural to still have questions and concerns once your little one arrives. One of the most fundamental worries a new mother experiences is whether their baby is eating enough. No two babies are exactly the same but it can be useful to bear some basic guidelines in mind.

## FEEDING

Let's look at the average amount babies eat at their different stages.

### Up to 2 months

At the beginning, your little one will need to eat between eight and twelve times per day, roughly once every two or three hours. If your baby doesn't wake to eat by themselves during the first month, it's best to rouse them yourself to eat on time.

Those who breastfeed may find that feeds are actually more frequent, taking place up to fifteen times a day. Breast fed babies tend to spend between ten and twenty minutes on each feed. If your child nurses for longer, ensure that they're actually sucking and swallowing properly throughout.

If your baby is formula-fed, they should drink between one and a half and three ounces per feed. Around the one month mark, your little one should progress up to four ounces. The equivalent will happen for breastfed babies, although it may be harder to notice as they get better at nursing and take in more milk in less time. Whichever feeding route you choose, as your baby grows, so should their appetite.

### 2-6 months

From the end of the second month, little ones can drink up to five ounces of milk per feed and these will be every three or four



hours. Around four months, babies can intake as much as six ounces. If your child is exclusively formula fed, it could be the right time to consider starting a small amount of solid food, whereas those who breastfeed may prefer to wait a little longer. Consult your doctor for advice if you aren't sure when is the right time for your child.

By the half year mark, your baby can drink as much as eight ounces of milk each time, with longer gaps between feeds. It's helpful to remember that there is no one-size-fits-all approach and the exact amount your little one intakes can vary from day to day.

Plenty of wet diapers, consistent weight gain and a happy, alert disposition are all signs that your baby is eating well.

## SIGNS OF A PROBLEM

Be sure to call or consult your doctor if you notice any of the following in your baby:

- Less wet diapers than usual
- Dark urine or orange crystals in their diaper
- Upset and distress after feeds
- A preference to sleep instead of eat
- Issues latching onto you, or pulling away from feeding

It's important to trust your parental instincts, but if you have any concerns at all, make sure to talk to your doctor.

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# THE IMPORTANCE OF SELF-ADVOCACY IN CHILDREN

*Now, perhaps more than ever, we must teach our children to stand up for themselves and uphold their boundaries. Self-advocacy equips little ones to do exactly this.*

Thankfully the time of children being seen but not heard is behind us. These days, we see children for the individuals they are, with their unique personalities, likes and dislikes. Not everyone sees little ones this way and, as a result, it's crucial to teach our kids all about self-advocacy. In short, self-advocacy is about speaking up for yourself and what's important to you. People who are able to self-advocate feel comfortable asking for what they need or want, as well as expressing their thoughts and emotions. Teaching your child about self-advocacy will undoubtedly help them to hold their own and not be silenced by others.



## FOUR STEPS TO SELF-ADVOCACY

There are several things parents can do to enable their children to stand up for themselves. Let's check them out.

### Listen close

A great first step in teaching your child about self-advocacy is showing them how to listen to themselves to find out what their own needs are. So many kids struggle to express their wants and needs because they don't quite have a clear enough picture

internally. Sit with your child when they're clearly feeling an emotion and help them to recognise it.

You can extend this to other feelings including hunger, thirst, sleepiness or needing to use the bathroom, as many children struggle to identify these feelings until they're overwhelmed by them. In time, your little one will become accustomed to each distinct feeling and emotion that they experience. This understanding will act as the foundation for their journey towards self-advocacy.



### Open communication

As the saying goes, communication is key. It can be very difficult for your child if they understand how they feel but are unable to express it. The natural next step is to show your little one how to communicate their feelings. While this may take a lot of practice (and overcoming shyness), it will benefit them to no end.

Communication, like any skill, is something that can be learned and improved. Role-playing is one of the best ways to teach your child to communicate. Practice for interactions with other children and adults, and then test it out in the real world. Next time they're in

the playground, they'll be able to stand up for themselves if someone jumps the line for the swings! Similarly, they'll develop the confidence to express themselves to adults, such as the cashier in a grocery store.

### Making decisions

Developing strong decision-making skills is a big step towards confidence and self-advocacy. Allowing your child to make small, daily decisions will show them that their input is valuable. Lots of kids will be hesitant at first, so some gentle encouragement goes a long way. Start with decisions that don't really have any possible negative outcome

in order to relieve them of any pressure they might be feeling. These can include what clothes to wear today or whether they'd like their cheese sandwich toasted or untoasted, for example.

While these decisions may seem inconsequential to adults, they're the building blocks of making bigger decisions. Once your child is confidently capable of making this level of choice, feel free to introduce slightly more difficult decisions. Offer two options for weekend activities and explain the opportunity cost (i.e. what they'll miss out on by choosing one option over the other). Decision-making is a key part of being an adult and gaining experience in making decisions from a young age will help your little one take the fear out of making much bigger decisions in their future.

### Creating boundaries

In order for children to stand up for themselves, they'll need to understand what boundaries are, how to create their own boundaries, and how to uphold them. This is something that lots of adults struggle with, so be patient with your little one as they begin this process. Once they understand their own feelings, are able to communicate openly and are competent at making decisions, they'll be able to tell people what they are and aren't comfortable with. This is a fundamental step in setting out boundaries.

From here you can teach your child about saying no to engaging in situations that make them uncomfortable. It's also a good time to speak about consent - how everyone has the right to say yes or no to situations that affect them. As parents, setting your boundaries and upholding them is a powerful way to show your children this skill in action, and it will certainly have positive effects in your own life!

### ANYTHING IS POSSIBLE

Once your child is comfortable at practising self-advocacy, they'll be in a wonderful position to chase their brightest possible future. Their confidence, ability to communicate and understanding of self will ensure that your little one will stand up for what they believe in. This is a vital component of becoming a balanced and capable adult. They'll chase their dreams and represent themselves well, while not falling foul of the desires of others. So whatever your little one's starting point, consider teaching them about self-advocacy and watch them develop into their true selves!

# EDUCATION



This month's Education Section is dedicated to the many ways in which extracurricular activities can help children develop.



# THE BENEFITS OF EXTRACURRICULAR ACTIVITIES FOR KIDS

*Extracurricular activities are fantastic at aiding a child's development in a range of different ways. Let's take a closer look at what extracurriculars can do for your little one.*

Getting involved in extracurricular activities generates a whole host of benefits for children. While school can be demanding and taking on anything extra may seem daunting, extracurriculars can keep your child active and learning, while taking their mind off their classes.

## DEVELOP SOCIAL SKILLS

Perhaps the main reason most parents sign their children up to a new extracurricular activity is for them to make new friends. At the very least, all of the children present will share a common interest in the chosen activity, and it's likely that they'll have more in common than this alone. Meeting other kids away from the pressures of the

school environment is a great way for little ones to socialise.

Especially for those who may struggle socially in school, extracurricular activities offer the chance of a fresh start. It's an opportunity for them to try to make some friends, all while working on a hobby.

## LEARN SOMETHING NEW

Though obvious, the fact that extracurriculars present a way for your child to learn something new should not be underestimated. School can feel all-consuming for little ones, going from class to class and stressing about homework. Taking on something completely different

## EDUCATION

in a non-school environment can reignite their true love for learning. While you may have certain sports or activities in mind that you would like your child to try, it's important to get some input from them. They're the ones that have to show up every week, after all!

Some parents find it difficult to get behind an extracurricular that they don't see the benefit of. For example, sport-loving parents may struggle with the idea that their child has no interest in playing football, and instead wants to take an acting class. Of course, this can happen in reverse too. What matters most is that your child is interested in the chosen activity. Naturally, they may be hesitant at first. However, if they're generally unhappy in their new extracurricular, it's okay for them to switch to something they'd prefer.

### IMPROVE IN SCHOOL

Though the focus here is away from school, it should be noted that taking on extracurriculars can actually improve your child's performance in school. Most extracurriculars will hone a variety of skills, including problem-solving, critical thinking, creativity and memory. Studies have shown that children who take part in extracurricular activities often perform better in reading and maths, while achieving better grades overall.

### LEADERSHIP AND TEAMWORK

Out-of-school hobbies, whether sporting, artistic or otherwise, are a perfect place for children to develop leadership and teamwork skills. Working as part of a team is something that your child will need to become adept at as they move through school and beyond. Lots of children can find this hard at first, particularly those who don't have any siblings. The mentors delivering the extracurriculars will have the ability to teach your child to understand the nature of teamwork and how to contribute to the common goal.

Teamwork is also a good way for children to gain an understanding of leadership. A team without an elected leader is less likely to reach the goal, and most instances of successful teamwork come from teams that are all pulling in the same direction.



Here, your little one will gain invaluable experience of what it takes to lead a team, and these skills will stand to them for their whole life.

### MENTAL HEALTH

Taking part in extracurricular activities can have a really positive impact on your child's mental health. Regardless of how well they get on in school, this is a place where they can be themselves. They can express their feelings to like-minded kids, learn something that they're genuinely interested in and blow off some steam after a challenging school day.

Many children can feel stuck in a rut in school and this can damage their confidence. Learning a new hobby and practising it regularly can boost your little one's confidence and self-esteem, while alleviating any feelings of anxiety that they may be experiencing.

### DIVERSITY

Another lesser-mentioned benefit of taking on an extracurricular activity is

that your child might be able to meet a much more diverse group of children than they're used to at school. Whether it's kids from different cultures or socio-economic backgrounds, or children with different passions, it's a valuable opportunity for your child to broaden their horizons by engaging with a variety of people.

### CV BUILDING

Last, but by no means least, extracurricular activities will look excellent on your child's CV. It's very common for universities and potential employers to take this into account when considering applicants. Experience outside of school can be very appealing as it shows a willingness and curiosity to go above and beyond when it comes to learning, as well as a variety of interests.

The bottom line is that extracurriculars provide kids with a safe space for them to be themselves, to explore new hobbies and to make new friends. So consider finding an option that your little one is interested in and cheer them on, all the way!



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# SCHOOL & FAMILY BREAKS



Family-friendly fun in  
London and a resort  
in the Mediterranean  
sunshine.



## LONDON'S HIDDEN GEMS

*Here we look at some lesser-known  
activities for families in the heart of London.*

London, a popular holiday destination for travellers in the region, is one of those destinations that is appealing for families at any time of the year. From shopping, to sightseeing, to indulging in delicious food, London is a great option for those with kids of all ages. Below are some great activities for your family's next trip to this historic city.

### **KEW GARDENS**

Nestled in the heart of London, Kew Gardens stands as a hidden gem waiting to be uncovered by visitors from around the world. Showcasing lush greenery, captivating botanical wonders and a serene ambience, Kew Gardens is the perfect place to discover and



explore when visiting the bustling capital. It can also be a great stop-off for those with younger children who need somewhere for a run around!

## Events

Beyond its intrinsic allure, Kew Gardens offers a range of great activities and events designed to enhance you and your family's experience. Throughout the year, the gardens host an array of seasonal festivals, art exhibitions and educational workshops, catering to all ages. Perfect for nature enthusiasts, history buffs, or those simply seeking a tranquil escape, Kew Gardens promises an enriching and unforgettable experience that will leave a lasting impression on all members of the family.

## LONDON'S OLDEST RESTAURANT

Rules has been welcoming diners through its doors since 1798, carrying with it a rich heritage and a legacy of exceptional British cuisine. The restaurant's charming wood-panelled walls, ornate mirrors and soft lighting create an ambience that exudes a sense of timeless elegance. Throughout its star-studded past, distinguished guests like Charles Dickens and Sir Arthur Conan Doyle have graced Rules' tables, adding to its allure as a place steeped in literary history.

## British fare

The restaurant's menu reflects a dedication to traditional British food, offering an array



of classic dishes, specialising in classic game cookery, oysters, pies and puddings. To this day, Rules continues to flourish as the oldest restaurant in London and one of the most celebrated in the world, making it a must-visit destination for your family when in London.

## AUTHENTIC AFTERNOON TEA

Showcasing a delightful array of fresh and beloved produce sourced from various regions of the United Kingdom, Café Biltmore's opulent 'Afternoon Tea' offers a quintessentially British experience within the exclusive ambience of The Biltmore Mayfair's dedicated Tea Lounge.

Here, your family is indulged in a harmonious symphony of sweet and savoury delights, accompanied by a meticulously brewed cup of tea from The Biltmore Mayfair's elegantly presented tea trolley - all while taking in the stunning surroundings. Additionally, you can elevate the experience by opting for a flute of sparkling, adding a touch of luxury to the afternoon affair.

## Relax and unwind

In the heart of Café Biltmore's Tea Lounge, time seems to slow down, allowing families to immerse themselves fully in the British art of sipping, savouring and socialising. Ideal for those looking for some respite from more active tourist experiences, this lavish Afternoon Tea is a wonderful way to relax on your London city break!



# EXPERIENCE THE CYPRIOT SUNSHINE

*A short getaway can be just as revitalising as a long break if you choose the right place! We look at a beautiful, family-friendly resort in Cyprus.*

This month, I'd like to highlight City Of Dreams Mediterranean. The newly-opened resort in Cyprus is the ideal escape for travellers seeking a tranquil, yet adventure-filled time away from the city. With daily four-hour flights from the UAE to Cyprus, the hotel presents an enticing chance for families and friends to experience Cypriot luxury and peace. There are a multitude of travel options, with direct flights from all of the UAE to Larnaca, Cyprus via Emirates, Etihad Airways and Wizz Air Abu Dhabi.

## LUXURY STAY

The hotel's ethos is that Mediterranean dwellings are not built. They are born out

of the living rock, nurtured by the spray of the sea and melded under the bright sun in the azure sky, until they become part of the landscape itself.

You can experience this for yourself in one of the five hundred luxury rooms and world-class suites available, that promise to welcome you to the elegant side of life. These suites and rooms boast high ceilings and large windows, an oversized, stylish and modern space, and come equipped with all the necessary amenities to cater to your family's every need. Decorated with a smooth palette of colours, wood, wickerwork and textiles build a soothing ambience. In terms of views, you will be spoiled for choice as you step outside to the large balcony, taking in the citrus-scented

breeze and gazing at the scenic views of the Akrotiri Salt Lake or the manicured gardens and sparkling pools. Divine!

## AMENITIES FOR ALL

Nestled in the heart of Limassol, City of Dreams Mediterranean offers a range of exceptional amenities that cater to every whim and desire, whether your household is seeking to chill or thrill. From a luxurious spa that offers rejuvenating treatments and therapies, to state-of-the-art MICE facilities, the integrated resort has it all. Your family can also indulge in exquisite culinary offerings, with a range of restaurants and bars that serve global cuisine and drinks that cater to every palate. Additionally, the resort's very own Waverider, Adventure Park and large pool complex provide younger guests with ample opportunity for fun and games!

## A SPECIAL OFFER

City of Dreams Mediterranean is offering you the 'Experience It All' deal. Starting at AED 1,300 per night, you can enjoy AED 380 resort credit per room, per night. This can be redeemed at any of the resort's impressive dining outlets. For those who are into the thrill of the game, the voucher may also be redeemed at the exciting casino, while those who wish to be pampered can visit Renu Spa and Fitness for a lovely pampering session that promises to leave you relaxed and glowing. The offer runs from now until March 31st next year.

*For more information or to make a reservation, visit [www.cityofdreamsmed.com.cy/en](http://www.cityofdreamsmed.com.cy/en).*



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# HOME & GARDEN



Simple ways to reflect  
the season in your  
décor and the secret  
ingredients for a great  
night's sleep.





# CREATING A SEASONAL ATMOSPHERE

*Here are some simple ways to reflect the changing season with your interior décor to create a cosy atmosphere for all the family.*

While the UAE is renowned for its lengthy summers, when the weather shifts, it can be really satisfying to embrace the cosiness of autumn and winter. Here is some simple advice from the interior design experts at Flowwow to help you welcome the charm of the cooler months into your home.

## DIM THE LIGHTS

In autumn and winter, neighbourhoods, parks and squares undergo a subtle change. Landscapes begin to lose the intensity that summer brings. Everything becomes sharper and crisper, with more variation in the weather and a shift in the light.

To emulate this cosy ambiance, avoid harsh overhead lighting and instead opt for accent lighting, such as wall sconces, powerful table lamps in corners, petite night lights on shelves and natural candles. These create a warm atmosphere of comfort and act as a nod to the colder seasons.

## DRIED FLOWERS

Slim stems of cotton, lavender or gypsophila compliment any interior design without adding visual clutter. Dried flower arrangements are a remarkably versatile way to add seasonal accents to your space, as they last as long as you want them to, can be matched to your home's tones and are very low-maintenance - ideal for busy mums! You don't have to stick to table tops here either - feel free to display your collections in the bathroom, a dimly lit hallway or a dressing room for an unexpected pop of colour!

## TEXTURAL DETAILS

Rugged linen, airy muslin, chunky knitted wool, tactile 'rope thread' materials and monochromatic flowers evoke a rustic sense of 'back to nature' that the turn towards cooler weather evokes. The interplay of textures, materials and flowers arrangements make for an



interior design route that tends to compliment most existing schemes. Opt for monochromatic materials and flowers in subdued, intricate hues like marsh green, sand and apricot to keep the colours from clashing with your furniture and current décor.

## SEASONAL SCENTS

Consider placing diffusers in your kitchen and living room to create a sense of seasonal delight. These diffusers could feature indulgent, buttery fragrances like pumpkin latte, warm bread or salted caramel for a wonderful autumnal twist! As the weather continues to shift towards winter, consider cinnamon, berries or nutmeg.

## BATHTIME

Baths are a welcome indulgence year-round, but particularly during the cooler months of the year. They offer a delightful blend of warmth and relaxation that complements the crispness in the air and the changing colours of the leaves. As a busy mother, baths are perfect for melting away the problems of the day to leave you with a profound sense of comfort. Fragrant bath oils or bath salts infused with seasonal scents like cinnamon, vanilla, or pumpkin spice enhance this experience. It's a tranquil ritual that not only warms the body, but also calms the mind, making it a simple, but lovely way to enjoy the unique charm of autumn and winter.

With these five tips to bring the changing seasons into your home, you'll be able to create a cosy atmosphere in no time!



# BEDDING TIPS FOR A BETTER NIGHT'S SLEEP

*Sleep has a much deeper impact on our mood, productivity and wellbeing than most other things. How can bedding make all the difference?*

Good sleep is a cornerstone of proper health. When we get a poor night's rest, the next day is usually a struggle, full of coffee, sluggish thinking, headaches and a lack of concentration. Understanding the significance of quality sleep leads you to consider the importance of the right mattress and bedding.

There is plenty of conversation in recent years around the role of interior design in enhancing rest, from the layout of your bedroom, to the colour on the walls. Whilst décor and routines can have a huge influence over our sleep habits, particularly screen time at night and a visually 'noisy' bedroom, in this article we will take a step back and look at some of the simplest changes you can make to immediately and functionally improve your sleep experience.

## THE RIGHT MATTRESS

Have you ever developed a crick in your neck or a twinge in your back and shoulders as you're trying to fall asleep, causing you to toss and turn, trying to get comfortable? The reason for this is often a bad mattress - or at least one that doesn't suit you specifically. The right mattress is the crux of a great night's sleep, providing you with a much-needed foundation of comfort.

You may prefer a soft and springy mattress, a firm one for your back or a memory foam mattress that moulds to your shape - each of us is different. The right fit will gently support your whole body and keep your spine neutral, whether you're lying on your back, front or side. If a mattress doesn't provide you with the correct support for your particular body, it will actually end up reinforcing poor sleeping posture, compromising your comfort and leading to disrupted sleep that leaves you feeling tired and sore in the morning.

The best approach is to simply honour your personal preferences - any mattress that allows you to sleep without pain, discomfort or restlessness will be the best mattress for you.

## BED SHEETS

The importance of choosing the right bed sheets is a little known aspect of optimal sleep health. Did you know that we each spend roughly one third of our lives in bed? How enjoyable that time is can have a lot to do with the sheet you select. The right sheet will keep you cool at night, wicking away sweat and allowing heat to escape. It's best to sleep on a cold surface to control your body temperature, something that encourages you to fall asleep faster and stay asleep through the night.

### Thread count

If staying cool is a priority for you, look for lower thread count sheets. This will ensure your bedding is soft and durable, but it also allows the fabric to breathe as you snooze the night away. On the other hand, buying bed sheets with a high thread count may be best left to those in colder climates as more threads create a tighter weave and a less airy construction. It's best



to keep the material in mind too, as not all thread counts mean the same thing across different textiles.

### Plain cotton

Plain cotton is the most common material for sheets and other bedding. It's long-lasting, breathable, soft, easy to care for and reasonably priced. It also comes in a wide range of designs and colours, meaning you'll be able to sleep in comfort and style!

### Sateen

This kind of weave leads to a luxurious, silky feel, and an incredibly robust material. However, it also feels thicker and might be too warm for most of us in the region, unless you tend to get chilly at night.

### Parcel

This fabric is sometimes called a 'simple' weave and is usually used with higher-quality material. It's a great choice for anyone looking to stay on the cooler side at night, thanks in part to the lightness of the material.

## DUVETS AND PILLOWS

From anti-allergy pillows to down alternative duvets, there is a wide choice

of sleep essentials grounded in science that will boost your night's rest. There are many different health-enhanced features available, including antimicrobial, anti-bacterial and hypoallergenic properties, so with a little thought, you'll be able to find a duvet and pillows that align your comfort with wellness, promoting a healthy sleep. A lighter duvet is usually best in hotter weather, as is a pillow that supports your head and corrects your body's alignment. Pillows are often down to personal taste, so make sure to try before you buy!

## AMBIENCE

Creating an environment conducive to better sleep involves a little more than the correct bedding. If you can pair the right mattress, pillows, sheet and duvet with an ambience that promotes sleepiness, you are all but guaranteed a good rest. Experiment with blackout curtains or a sleep mask if you find light disturbing, set the pre-bedtime atmosphere with soft lamplight or candles and try out some aromatherapy fragrances to help you unwind as you climb into bed at night.

All of the above elements address specific factors that contribute to proper rest, making for a rounded approach to rest and rejuvenation, and setting you up for a wonderfully refreshing sleep each night!

# GOOD LIVING



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more!



# WINTER HAIR CARE TIPS

As the weather cools down across the region, it's not just your skin that feels the impact, your scalp and hair suffer too. With a few handy tips and tricks, you'll be able to avoid the brittle hair, itchy scalp and dull tresses that the weather can cause, so your locks remain in top-notch condition throughout the season.

## HYDRATION

Just as your body needs extra hydration during winter, your scalp craves moisture too. Ensure you drink plenty of water and incorporate hydrating foods, like cucumbers, watermelon and oranges into your diet.

## GENTLE CLEANSING

Frequent washing can strip your scalp of its natural oils, leading to that feeling of dryness and itchiness. Opt for a mild, sulphate-free shampoo that cleanses your hair without over-drying - this is particularly true for my fellow curly-haired girls out there! It can be helpful to limit washing to 2-3 times a week, allowing your scalp to maintain its natural balance.

## DEEP CONDITIONING

Treat your hair to regular deep conditioning treatments, such as a nourishing hair mask, once a week. This will replenish any lost moisture and strengthen your strands over time. I like to look for products enriched with natural oils, like argan or coconut oil, which are excellent for restoring hair health. On the topic of oils, don't forget to oil the ends of your tresses regularly too!

## PROTECTIVE STYLES

If breakage and dryness is an issue for you, consider protective hairstyles like braids,

buns or ponytails, as they may help shield your hair from the weather. These styles are a quick and easy way to stay stylish while protecting your locks.

## SCALP MASSAGE

Indulge in regular scalp massages using warm oil, perhaps even infused with herbs like neem or rosemary. Massaging your scalp not only promotes good blood circulation, but it also helps in distributing natural oils, keeping your scalp moisturised and your hair glossy.

## DIET

Your diet plays a significant role in the health of your hair and scalp, and different seasons require different dietary priorities. It can be good to include protein-rich foods like fish, eggs and lentils, along with vitamin E and omega-3 fatty acids, to encourage hair growth and maintain your scalp health. Leafy green vegetables and nuts are also essential for keeping your tresses strong and vibrant!

## HEAT STYLING

Where possible, aim to limit your use of heated styling tools such as straighteners and curling irons. Excessive heat can damage your hair, making it more susceptible to issues like static and frizz, which are harder to guard against at this time of year! If you must style your hair, use heat protectant sprays to minimise damage.

Nurturing your scalp and hair during the cooler months is all about maintaining a balance of moisture, nutrition and protection. Hopefully these tips and tricks will help you keep your hair healthy, shiny and resilient throughout the season.



With World Vegan Day taking place during November, I thought it would be fitting to share some lovely, eco-friendly brands for you to consider adding to your beauty wish list!

Whether you're going entirely plant-based, you're just making small, environmentally responsible changes to your daily routine, or you simply want to know more about products free from animal-derived ingredients, these tried-and-true vegan options are sure to help you on your path to conscious beauty.

## LUSH

LUSH has always been dedicated to being cruelty-free. Their products are 100% vegetarian and they also have a huge selection of vegan products to choose from. Whether you're looking for creamy moisturisers and gorgeous cleansers, or face masks and luxurious facial oils, there's a bucketload of vegan skincare for everyone to enjoy, and you're sure to find something that catches your eye here.

**Available at Lush stores nationwide and online at [www.lush.com/mena](http://www.lush.com/mena).**



## Dr.PAWPAW

Dr.PAWPAW is a British brand that creates multi-purpose products for the whole family to use. With sustainability at its heart, all of the products are vegan, created

with sustainable and natural ingredients, and housed in eco-conscious packaging. The brand's latest range, 'Your Gorgeous Skin', features a revolutionary trademarked ingredient, PAPAYALURONIC,<sup>™</sup> which provides the nourishing and soothing effects of papaya extract, paired with eight types of hyaluronic acids which absorb into all layers of your skin for instant and long-lasting hydration. I love this one for the cooler months of the year!

**Available at Life Pharmacy and Watsons in the UAE.**



## ByErim

Independent, female-owned, clean, sustainable and vegan, ByErim is an award-winning luxury haircare brand that focuses on doing the right thing for both the planet and the community. ByErim's hero product, their 'ByErim Luxury

Hair & Beard Oil' has captured hearts and tresses worldwide. Crafted from a carefully curated blend of eight pure oils, this product has achieved astounding success, with over 88,500 bottles sold worldwide. This viral sensation relies on the wisdom of Ayurveda to give you your glossiest hair yet!

**Available online at [www.byerim.com](http://www.byerim.com) and [www.faces.com](http://www.faces.com).**

## Elizabeth Arden

White Tea Skin Solutions is Elizabeth Arden's first-ever clean, natural, anti-aging skincare collection, formulated with Nature's potent antioxidant, EGCG. This curated range of essentials aims to infuse your skin with youthful vitality. The collection includes cleanser, toning lotion, oil serum, gel cream and an eye gel, all of which are suitable for every skin type, including sensitive skin.

**Available at Debenhams and online at [www.namshi.com](http://www.namshi.com) and [www.ounass.ae](http://www.ounass.ae)**

## Flormar

Flormar's Green Up range consists of clean, cruelty-free and vegan products, which have up to 97% recyclable packaging. The range includes a concealer, foundation, lipstick, mascara, lash serum, nail oil, nail scrub, eye pencil and mascara. So look no further for your vegan makeup needs!

**Visit [www.flormar.com](http://www.flormar.com) for more information.**

# COMPETITIONS

motherbabychild.com/competitions



## WIN! A HAMPER FROM THE BROOKLYN CREAMERY, WORTH AED 500

The Brooklyn Creamery is the healthy ice cream brand sweeping the UAE. The brand creates innovative ice creams designed to indulgently contribute to a healthy lifestyle.

The range includes low calorie, vegan, keto and high protein ice creams.

The products are available in tubs, chocolate coated bars, mini cones, bonbons and Italian cookie ice cream sandwiches. The Brooklyn Creamery ice cream comes with no added sugar, artificial sweeteners or colours. You can also choose from fruit juice popsicles made with real fruits and nothing else!

## WIN! A VOUCHER FOR BRUNCH AT FOGUEIRA RESTAURANT AND LOUNGE, WORTH AED 998



Gather your amigos and prepare for an entertaining fiesta at the Brazilian churrasco restaurant, Fogueira, located at the Delta hotels by Marriott in Jumeirah Beach Residence. Enjoy the South American churrasco experience, with delicious food and great live music, along with samba dancers for your entertainment.

## WIN! A VOUCHER FROM SHAPE BODY FACE, WORTH AED 500



Shape Body Face, one of Dubai's go-to aesthetic clinics, is the ultimate destination for ladies to enjoy an array of beauty services. From physiotherapy and LPG sessions, to massages and more - it's the place where all beauty dreams come true. Located in

Times Square Center, the Shape Body Face team is devoted to providing personalised attention to every woman, through expert treatments. Shape Body Face is excited to give one lucky woman a voucher worth AED 500, to indulge and pamper herself with.

**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 FOR PAUL ARABIA, WORTH AED 500



PAUL, the renowned French casual dining restaurant and bakery, is commemorating its 20th anniversary in the region with an all-new menu. In addition to serving the core PAUL products, they have revamped the menu with a new 'All Day Brunch' section, presenting seven distinctive dishes incorporating different flavours from around the world. Furthermore, other menu sections have also been upgraded, with an array of dishes that offer a symphony of flavours and textures. Crowd favourites include the salmon croll, the crusted feta chilli honey and the shrimp burrata rosé. The celebration of PAUL Arabia's 20th anniversary is made even more special with the new dessert selection. PAUL's take on the classic pain perdu is another must-try, as well as the tiramisu, which promises to take you on a flavourful journey. Lastly, the crêpe Tropicéenne brûlée cannot be missed – a delightful French crêpe filled with creamy goodness and irresistible fruity flavours.

# WIN! SABA PLANT-BASED PRODUCTS, WORTH AED 500

Saba Plant-Based is a homegrown organic food brand, whose offerings range from their iconic kombucha to kefir and drinking yoghurts - all dairy-free, vegan and 100% organic. The brand combines fresh ingredients such as organic Sri Lankan coconuts, Madagascan bourbon vanilla, French aromatic herbs and Darjeeling Indian tea, with handcrafted, artisanal recipes. Saba Plant-Based's probiotic goodies make for the perfect gut-friendly pick-me-up for the upcoming months. One lucky person will win Saba Plant-Based products worth AED 500.



**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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