

ISSUE 152 | FEBRUARY 2024 | DHS15

# Mother Baby & Child

**IDEAS FOR  
VALENTINE'S DAY**

**ACTIVITIES TO  
REPLACE NAPTIME**

**SIX HABITS  
FOR WELLBEING**

**NAVIGATING  
COLLECTIVE STRESS**

**STYLING  
SMALL SPACES**

**HOW TO  
RAISE A**

**CRITICAL  
THINKER!**



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# EDITOR'S LETTER

## Hello Mum!

I hope you're looking forward to Valentine's Day! This is an occasion that can be marked in so many different ways, but the one thing they all have in common is LOVE! Whether that means a beautiful dinner with someone special, a relaxing afternoon tea with friends or an indulgent spa day for two - you'll find some fun ideas on page 48!



Showing your love could mean a fun family adventure day, in which case, turn to page 9 for inspiration, or if catching a performance together is more your household's style, we also take a look at a mesmerising acrobatic show about a girl who dreams of flying. And speaking of love, we turn to a form of self-love on page 13 - looking after your wellbeing. Between one thing and another, busy mothers can often end up putting their needs last, so with this in mind, we've carried a great piece on the six most effective habits to boost your mental, physical and emotional state.

For any mums out there facing the end of their little one's daytime naps, you'll be very interested in our article on page 30, which goes into the 'quiet time' activities you can introduce in place of sleep. That way your child gets a period of rest and relaxation each day, and you can still enjoy a built-in break in the afternoons!

In this month's Education Section, we dive into active learning, a philosophy based on the idea that children learn best when they're fully engaged in the learning process. Unlike traditional education, where students absorb information through lectures or rote memorisation, active learning encourages more individual analysis, as well as getting involved with material in a hands-on way. Read all about it on page 35!

Elsewhere, we discuss the best approach to styling a smaller space on page 43, as well as how to know whether your little one's snoring is a sign of a deeper sleep issue, which you can check out on page 16. We've also carried a fascinating piece focused on raising a critical thinker - one of the very best lessons you can pass on to your little one as a parent. It's a skill that helps kids flourish into capable, confident, well-informed young adults and sets them up for success in many aspects of life! You'll find it on page 26.

Flip to page 50 to find the beauty and style items I think you'll love. These include a beautiful red, silk kimono, themed nail art, shampoo that promises an instant volume boost and much more!

I'm going to leave some surprises in the magazine for you to discover for yourself, but in the meantime, I'd like to wish you and your family a happy Valentine's Day!

Love you!

Ella

Editor

Mother, Baby & Child Magazine



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## Editor's — PICK —

### GIFTS GALORE AT JONES THE GROCER

The beloved artisan restaurant, café and retail store, Jones the Grocer, has unveiled a selection of special Valentine's Day treats to show you and your sweetheart the love this February. So, consider gifting your date a sweet token, with a pack of four heart-shaped raspberry iced palmiers (AED 28), house-baked to crispy, flaky perfection and topped with rich raspberry icing. Or, go big with an exceptional range of heart-warming red velvet bento cakes (AED 65), each adorned with a cute message, such as "be my valentine", "love you" or "my love". Lastly, Jones the Grocer has concocted a true love potion that promises decadence in every sip! Running throughout February, the red velvet milkshake (AED 30) blends the flavours of red velvet cake and the creaminess of a milkshake, crowned with charming red candy hearts on top. Pair any of these delicious treats with a delicate Valentine's Day floral arrangement by Jones the Grocer's in-house florist - the perfect Valentine's gift for that special someone in your life.

*For more information, visit  
<https://www.jonesthegrocer.com>.*





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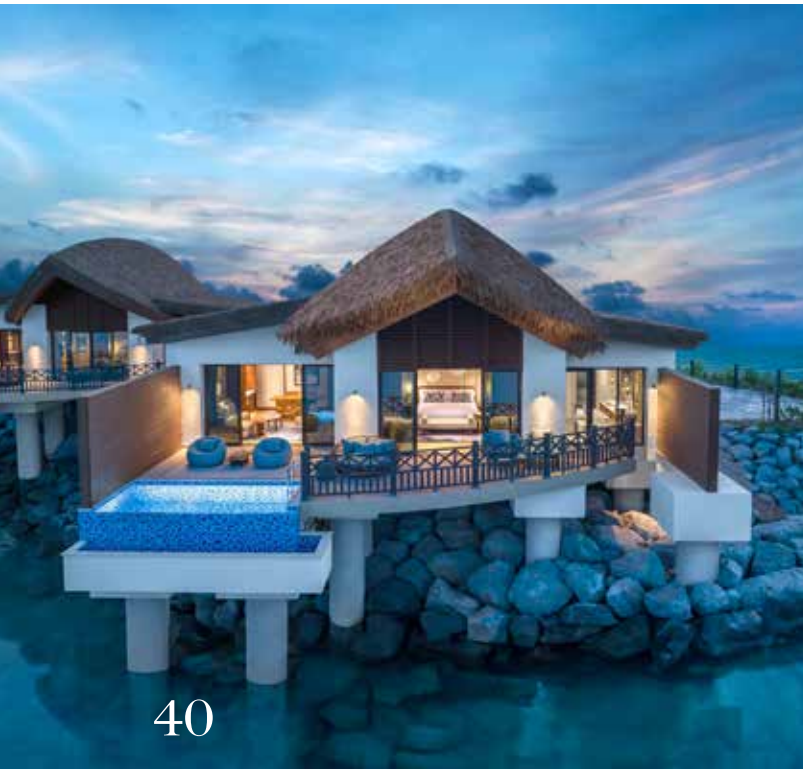


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## CELEBRATE THE CHINESE NEW YEAR!

The Noodle House, Dubai's much-loved homegrown Asian soul food concept, is gearing up to ring in the Year of the Dragon, with spectacular festivities all February long. In honour of the auspicious occasion, The Noodle House is inviting you and your family to immerse yourselves in an evening of cultural fun and delicious food, anytime from February 4th to 28th.

With an exclusive sharing set menu, priced at AED 176 for two people, you and your loved ones can embrace the spirit of the Chinese New Year through an array of dishes designed to usher in prosperity. With classics such as spicy duck fried rice and Shanghai noodles, as well as sweet treats like snow moon cake on offer, you're sure to find something you love!

As tradition states, the venue will also be giving away lucky Chinese red envelopes with bounceback vouchers and fortune cookies to those that order from the limited-edition menu.

*For more information or to book a table, please visit [jumeirah.com/noodle-house](https://jumeirah.com/noodle-house) or call 800 323232.*



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# THINGS TO DO



Sunday lunch with a touch  
of magic; spa treatments  
with your little one; an  
acrobatic show for all the  
family and more!





# FAMILY ADVENTURE AT AVENTURA

I'm excited to tell you about the next great destination for a fun-packed family day out! Aventura Parks is the largest zipline adventure park in Dubai, spanning 35,000 square metres of Ghaf tree forest. This is the perfect location for you and your loved ones to escape the hustle and bustle of city life for some exciting, safe and unforgettable experiences!

## Ziplining for newbies and experts

Aventura Parks takes the exhilarating experience of the zipline to new heights. Nestled within a lush Ghaf tree forest, the zipline adventures provide an adrenaline-rushing journey unlike any other. Whether you are a first-time flyer or an experienced thrill-seeker, with a total of 24 ziplines, Aventura Parks has one that suits everyone's preferences and skill level.

## Unleash your playful spirit

The beautifully designed Discovery Play Area is jam-packed with fun activities for little ones. This outdoor playground offers a miniature rock-climbing wall, a short zipline circuit, an animal interaction area, a water fountain splash zone and much more.

## A gorgeous café

Set in a natural Ghaf tree forest, The Ghafé offers delicious light bites and meals for breakfast, lunch and dinner. These include salads, burgers, pizzas, gourmet sandwiches, pastas, all day breakfast, smoothies, shakes and desserts. The menu is a mix of authentic Levant cuisine, Mediterranean flavours and American comfort food, designed by world renowned chef, Jean Barbour. Just what you and your family need after a day full of adventure!

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

## BREAK A SWEAT THIS VALENTINE'S DAY



Whether you're a beginner or a fitness fanatic, here's an opportunity to do something unique with your partner this Valentine's Day. On February 14th, Boxica is giving you the opportunity to take your other half and train together! This is a fantastic way to get a great workout in before the more romantic part of the day begins. You can also sign up to a bundle of 20 classes with your significant other and receive 25% off, as well as a branded pair of Boxica boxing gloves and a trendy Boxica cap!

**When:** 14th February only

**Where:** Boxica, The Hive, Studio City

**Price:** AED 1,500

**For bookings or more information, call +971 55 483 8361.**

## TURN SUNDAY INTO FUNDAY AT COUCLEY

Knowing how stressful planning weekends with children can be, I've got the ultimate family-friendly solution, designed to please both you and your little ones! Coucley, the award-winning French restaurant, is elevating its newly launched 'Sunday Funday' offer by presenting a unique experience every Sunday throughout February.

### A taste of France

Coucley's 'Sunday Funday' promises an unforgettable afternoon filled with the flavours of France, through a two-course meal featuring a variety of delicious starters and mains. Starter options include escargots de Bourgogne, salade de lentilles and calamars grillés to name a few. For the main course, you and your family

can choose from a number of dishes, like Coucley's signature steak frites, steak tartare, spinach ravioli and more.

### Pricing

The 'Sunday Funday' menu is available in three different packages: a two-course meal with soft drinks for AED 218, a two-course meal with free-flowing grape at just AED 268, or a two-course meal with free-flowing grape and hops bottles for AED 347. For those wanting to end the meal on a sweet note, desserts are available for an additional AED 33.

### A magic show for kids

Transforming a section of its indoor terrace into a playful area for children, Coucley is all set to welcome families for a leisurely Sunday afternoon. From 2pm to 2:30pm, little ones will be treated to a captivating show. Magic Phil will be visiting Coucley JLT on the 25th of February for an exhilarating performance, while Magic Adie will be popping by the restaurant on the 11th and



18th of February, to engage children in a magically fun balloon show.

Whether at the cosy family-friendly French bistro tucked away in JLT, or the bustling brasserie in Downtown Dubai overlooking the canal, this wonderfully laid-back experience is the perfect way to top off the weekend!

**Where:** Coucley JLT and Coucley Downtown

**When:** Every Sunday, from 1pm to 4pm

**For bookings and more information, call 04 514-9339.**

## A NEW HAVEN FOR COFFEE LOVERS



Calling all coffee aficionados and adventure seekers! Toby's Estate Coffee Roasters has opened the doors to their inaugural flagship café, nestled in the heart of Jumeirah. Explore an eclectic menu featuring signature blends,

protein shakes and an array of fresh juices, and indulge in an exclusive brunch menu full of freshly baked goods, delectable desserts and more! The café is open from 7am - 11pm, Monday to Thursday, and from 8am - midnight, Friday to Sunday. Brunch is available from 8am until 2:30pm on weekdays and until 3:30pm on weekends. So head down to Toby's Estate, where you can sip and savour, while soaking in the magic of the coffee world.

**For more information, check out @tobysestate.ae on Instagram.**

## TREAT YOUR SWEETHEART



Sweeten up your Valentine's celebrations with a limited-edition Valentine CrazyShake®, available from February 12th to 14th at all Black Tap venues! Black Tap is known for crafting over-the-top creations that redefine dessert

adventure. This CrazyShake® rocks a vanilla-frosted rim decked out in vibrant red and white sprinkles, transforming it into a visually striking masterpiece. Topped with a hearty slice of red velvet cake, it goes beyond just a sweet treat; it's a love-infused celebration. Finished with a generous swirl of whipped cream and a drizzle of rich chocolate, this shake delivers on amazing taste. So pay Black Tap a visit this Valentine's Day, to celebrate the occasion with an experience that's to die for!

**Price:** AED 69

**When:** February 12th to 14th

**Where:** Black Tap, Rixos Premium Dubai JBR, Black Tap, Mall of the Emirates and Black Tap, Dubai Mall.



# PLUMA: A WORLD WHERE WE ALL FLY!

For a show unlike any other, I recommend that you and your family check out PLUMA - an extraordinary performance that promises to take you on a magical journey into the world of spectacle, wonder and artistic innovation. Fresh from the trailblazing success of Fontana, the first travelling water circus in the Middle East, Hat Entertainment, in collaboration with Cirque Du Liban, has opened PLUMA at Festival Bay, Dubai Festival City Mall.

Running until February 18th, PLUMA is a mesmerising circus show that combines acrobatics, 3D projection mapping and stunning visual effects. You'll be captivated by the story of Pluma, a young girl with dreams of flying. Transported to an ethereal realm where magic fills the air, she encounters otherworldly beings eager to share their wisdom and the ancient secrets of flight. As she delves deeper into this enchanting universe, she discovers her potential and sprouts metaphorical and literal wings, nurturing newfound faith in her abilities.

Hat Entertainment is at the forefront of the renaissance of live performances, inspiring young people to consider a future in entertainment. With PLUMA, they aim to instil awe and wonder in the audience's hearts, and to nurture a new generation of artistic talents, igniting their passion for the performing arts.



PLUMA is more than a performance; it is a voyage that transcends the ordinary, elevating the human spirit and bringing fantasy worlds to life. Hat Entertainment cordially invites you to be part of this astonishing amalgamation of artistry and technology, where each twist and turn of Pluma's saga symbolises the limitless possibilities lying dormant in all of us.

**Price:** Starting from AED 95, children under two years old go free.

**When:** Wednesdays and Thursdays at 7pm; Fridays and Saturdays at 5pm and 7:30pm; Sundays at 11am and 4pm.

## A SPA DAY WITH YOUR PRIDE AND JOY



Spend some lovely quality time with your child this February, at Spa Cenvaree - while pampering yourself in the process! Specifically for those with kids up to ten years of age, this is a bonding opportunity for every parent who wants to create lasting memories with their little one. While your prince or princess enjoys their mini massage and mini facial treatment from the facility's trained professionals, you can unwind with a de-stress massage and radiance facial, basking in an atmosphere of total peace. Available throughout February, this 60-minute treatment is the perfect choice to spoil your child with a new experience, ensuring both of you get those special moments of pure relaxation and reconnection that we all crave.

**When:** Throughout February

**Where:** Kids' Candy Spa, Spa Cenvaree, Centara Mirage Resort Dubai

**Price:** AED 745 for two (parent and child)

# WELLBEING



Creating sustainable  
packed lunches;  
why snoring can be  
problematic in children  
and more!







# SIX HABITS FOR BETTER WELLBEING

*Tackling wellness holistically is a surefire way to feel good. Here are the six essential areas to focus on if you want to improve your general health.*

In the fast-paced world of modern parenting, maintaining a healthy balance between work, family and personal time can be a daunting task for lots of people. However, the pursuit of a healthier, more balanced life has never been more normalised than it is today, with the global conversation around wellbeing, health and lowering stress reaching new heights. People of all ages across the world are actively seeking techniques and practices to integrate wellness into their daily lives, recognising its pivotal role in managing overall wellbeing. In this article, we'll explore six 'go-to' habits that will help you find increased confidence and good health across this new year.

## MINDFUL MORNINGS

A good morning sets the tone for your entire day. This means that establishing a mindful routine upon waking allows you to reap the reward of a positive ripple effect that shapes your morning, afternoon and evening, bringing you benefits all day long. To start off right, consider waking up a bit earlier than usual to carve out some sacred time for yourself before the busyness of family life begins. These precious minutes are a great opportunity to engage in activities that ground you and set you up well for the day ahead. Whether it's a brief meditation session, a light morning jog, a nice stretching routine or just enjoying a cup of tea in peace, investing in yourself during the early hours will significantly impact your mental and emotional wellbeing.

Scientifically proven to reduce stress and increase focus, mindfulness practices such as these can be a game-changer for busy parents. By starting the day with intention and calm, you create a foundation for better decision-making, a clearer head and a greater well of emotional resilience to dip into throughout the day.

## PRIORITISE QUALITY SLEEP

In the hustle and bustle of daily life, sleep often takes a back seat. However, the importance of quality sleep cannot be overstated when it comes to your overall health and happiness. Decent sleep not only rejuvenates the body but also enhances



your cognitive function and emotional resilience, meaning the demands of parenting will feel a little easier with a good night's rest. Time and time again, studies tell us to aim for seven to eight hours of solid, proper sleep every night, as quality rest regulates our hormonal equilibrium, our brain performance, heart health, emotional balance and most importantly, our lifespan.

Most of us think that establishing a consistent sleep routine is mainly for children, but actually, it's just as useful and effective for adults! By creating a tranquil bedtime environment for yourself, free from screens and distractions, you'll be able to follow a handful of repeatable, relaxing steps that work best for you. These can include things such as taking a quick shower, reading a few pages of a book, scribbling down some 'to-do' tasks for the coming day, listening to a zen soundtrack or having a cup of herbal tea in bed. Repeating

these steps in the same order nightly will train your body to fall into its most efficient, restorative sleep. This is even more enhanced when you do this at the same time each night.

### RECHARGE WITH NATURE

Nature has a profound impact on our mental health and wellbeing. Incorporating outdoor time into your daily routine can be a transformative habit that helps ground you amid the hectic challenges of parenthood. Whether it's a family hike, a picnic in the park or simply a stroll around the neighbourhood by yourself after dinner or upon waking, connecting with nature provides a refreshing break from the demands of daily life. Just ten minutes of early morning light will have a profound effect on resetting your circadian rhythm, ensuring you get better sleep and also enjoy a steadier stream of energy throughout

your day. Studies show that spending time in nature is also wonderful for your psyche, lowering stress levels, boosting your mood and improving your general sense of wellbeing. So for the year ahead, do your best to carve out regular time where you can take in the calming, energising benefits of the natural world.

### MOVE YOUR BODY

Regular physical activity is a tried-and tested cornerstone of wellbeing. It's easy to think this means strict exercise programs and intense training, but the reality is that even half an hour of brisk walking per day is all it takes to begin enhancing your health and longevity. Of course, the more you can incorporate exercise, the more you will benefit. After all, movement, encompassing strength, balance and flexibility, is the basis for strong physical wellness.





Instead of viewing exercise as a chore, you could try to make it an enjoyable family affair. By putting your best foot forward in 2024 with some fun movement - whether it's dancing in the living room, riding bikes together or playing a sport - you might just discover new and exciting activities that could become family favourites! The habit of exercise and movement is wonderful for parents who crave more energy to run around after their little ones, but this practice also creates positive associations with staying active, forming the foundation for a healthy lifestyle in children too - a win-win!

## HIGH-QUALITY CONNECTIONS

In the digital age, meaningful social connections often come second to virtual ones. Scientists who study 'blue zones' or pockets of the world where many residents live past 100 years old, increasingly underline how happy relationships influence our wellbeing for the better. With this in mind, make an effort to prioritise meaningful face-to-face time with the important people in your life over the coming months. By scheduling regular gatherings, coffee dates or dinner parties, or even joining a running group or

book club, you'll foster positive connections, social support, companionship and a sense of belonging within yourself. Investing the time and energy into nurturing these connections will enable you to form a robust social network and support system around you, enriching your internal feelings of purpose and contributing significantly to your long-term happiness and health.

## FUEL YOUR BODY WELL

Healthy eating is something that eludes many busy people, and parents are no exception. It's not a secret that nutrition plays a vital role in our basic wellbeing and that the best diet is one rich in fresh fruits, vegetables and healthy proteins while being low in sugar and chemicals. However, it can be hard to plan, organise, prepare and stick to these kinds of meals. Therefore, it's best to begin slowly and sustainably, making healthy habit changes to your diet over time. You can start by simply reducing sugar and eating mindfully, savouring each bite and paying attention to your hunger and fullness cues. This will open the door to hearing what your body is actually calling for, which inevitably will be whole, real, nourishing foods that make you feel good and give you sustained energy. As you 'stack'

these eating habits, you will be able to create a meaningful shift in what you eat, in a way that is easier to stick to in the long-term.

Cultivating these 'go-to' habits this year is sure to lead to progress across all aspects of your life. When we prioritise these six pillars, positive changes take place in mental performance, emotional states, physical energy and capacity, as well as general vitality. Remember, wellbeing is not a destination but a journey, and these habits serve as reliable compass points, guiding you toward a healthier and happier state of wellness.



# WHEN TO WORRY ABOUT YOUR CHILD'S SNORING

*Children can be active sleepers, prone to moving around the bed at night and making some noise. However, sometimes excessive snoring can be a sign of a deeper sleep issue.*

Most of us have woken up once or twice to the sound of snorts, rasps or snores coming from someone nearby. While occasional snoring is quite normal, if you begin to hear these noises coming from your little one's bedroom regularly, it can be a concerning sign. Sometimes, if children catch seasonal colds or become inflamed from allergies, occasional snoring or heavy breathing through the mouth happens temporarily and passes after a night or two. However, consistent laboured breathing during sleep can be a symptom of something more going on - usually a medical condition called paediatric obstructive sleep apnea. Let's dive into how to know when your child's snoring might be a problem and what exactly paediatric obstructive sleep apnea is.

## WHEN TO WORRY

As parents know well, little kids can be loud sleepers, with vivid dreams and plenty of movement being completely normal. It's worth saying that light snoring is also perfectly natural and not generally a cause for concern. In contrast, if your child or toddler snores heavily most nights and often snoozes with an open mouth or seems less refreshed than they should be during the day, it's a good idea to talk to your doctor to rule out a deeper issue like sleep apnea. The same is true if you notice your little one taking sudden gasps during their slumber or making any other sounds that seem like they are struggling to breathe, even

intermittently. As a rule of thumb, it's always unusual if your little one snores rhythmically, regularly or like an adult.

## PAEDIATRIC OBSTRUCTIVE SLEEP APNEA

One of the first ports of call for a child who has disturbed sleep from snoring is paediatric obstructive sleep apnea. Although it affects children of all ages, the peak incidence is between two and six years of age. The common symptoms during sleep are:

- Frequent snoring (three nights per week or more)
- Mouth breathing
- Pauses in breathing
- Laboured breathing
- Gasps, snorts and starts







- Waking frequently for short periods
- Unusual sleeping positions, such as seated or with the neck hyperextended
- Restless sleep
- Excessive sweating

Most of the time your little one will recall very few, if any, sleep disturbances in the morning. For some, the consequences of poor sleep quality or sleep disruption will manifest as daytime issues. These include:

- Hyperactivity
- Poor performance at school
- Daytime sleepiness
- Poor concentration and attention
- Behavioural problems
- Learning difficulties

- Headaches on awakening
- Mouth breathing

## CAUSES

Most of the time this condition in children is a result of chronically enlarged tonsils and adenoids. Adenoids are patches of soft lymph tissue located in the throat, behind the nose. They can block the upper airway, making it more challenging to breathe normally while sleeping. Even though this is the most common cause, there are children with sleep apnea and normal sized tonsils and adenoids, and there are also plenty with enlarged tissues who don't suffer from this condition. Other factors can raise the likelihood of obstructive sleep apnea too. For instance, it's much more prevalent in children who are overweight or obese, ex-premature infants and those with asthma.

## DIAGNOSIS

A physical exam of the tonsils and a sleep study is usually how healthcare providers will diagnose sleep apnea in younger patients. The study is often an overnight test that monitors lots of different aspects of sleep health, like oxygen and carbon dioxide levels, nasal airflow, heart rate and body motions. Don't fret about this process being scary for your little one - although it might involve cables and monitors, nothing about the test is painful or uncomfortable. One of the central measurements taken is how often your child stops breathing or breathes unusually shallowly. More than a single event per hour for any child under thirteen is a very strong indicator of sleep apnea.

## TREATMENT

The treatment plan taken after a diagnosis has been reached depends on the severity of your child's problem. In serious cases, the first port of call is surgery to remove the tonsils and adenoids. For healthy children who are not obese, this surgery cures sleep apnea much of the time. For kids whose issues are milder, a half year period of 'watchful waiting' is sometimes recommended, where a variety of lifestyle changes are advised to tackle any underlying factors that can be solved without surgical intervention.

More rarely, if little ones have other factors contributing to their sleep apnea and are not good candidates for surgery, or sadly continue to suffer symptoms post-surgery, the treatment path taken is called continuous positive airway pressure (CPAP). In this scenario, children wear a soft mask over their nose or mouth at night, connected by a tube to a box which delivers air concentrated at a higher flow rate. Essentially this keeps the airways open wherever the obstruction occurs. CPAP is an appealing option to many concerned parents as it negates the need for medication or surgery. However, it comes with certain physical challenges for younger or smaller children. Therefore, it's important to thoroughly discuss all the possible options with a medical professional.

In the vast majority of cases, a little snoring here or there is not an issue, and is likely the result of an allergic flare-up, asthma or a blocked nose. That being said, if you notice any of the symptoms discussed in this article, or you feel worried that your little one is struggling with their sleep on a deeper level, don't hesitate to speak with your healthcare provider for advice.



# HOW TO MAKE A SUSTAINABLE PACKED LUNCH

*Sustainability is more important than ever. Making a more eco-friendly packed lunch for children is one way to make sure we're looking after the world they are going to inherit.*

It is more apparent now, than ever before, how important it is for us to make sustainable choices wherever possible in our lives. Unfortunately, one of the enemies of sustainability is convenience and convenience is something that all of us rely on to keep on top of everything in our busy lives. Thankfully, there is now much more awareness around this issue and there are alternatives available that make it simple to pick the more environmentally friendly option.

## PROBLEM AREAS

Traditional packed lunches are a great way to ensure that your little one is eating well throughout their day, but there are some downsides. While you are certainly doing the



right thing for your child, it may be causing harm to the environment. Let's take a closer look at some of the potentially environmentally unfriendly issues with packed lunches.

### Single-use plastics

Single-use plastics is a term that we've become very familiar with in recent years. As the name suggests, they are plastic items that are made to be used once and then discarded. Naturally, this is terrible for the environment. Common examples include plastic single-serving fruit pots, water bottles, clingfilm, straws and plastic cutlery. While it may not seem like much waste at all, these small items add up to a huge amount when used every day by the majority of children.

It's not just throwing away plastic that's a problem - the manufacturing of these single-use items is an environmentally unsustainable process in its own right. More than ever, making little, daily changes can accumulate into a massively positive impact.

### Food waste

Food waste is another real problem with packed lunches. The last thing we want is for our little ones to go hungry, so we often pack a little more food than is necessary. This can lead to some of the lunch being left over and discarded at the end of the day. Similarly, picky eaters may not always love what you've packed for them, throwing it away rather than eating it. Sometimes kids will get an offer of something from a friend's lunch that they prefer and, yet again, their food goes to waste.

This is a place where you can communicate with your child about what you're giving them for lunch and why it's important for them to try to eat it. It's also worth determining whether or not too much food is being made, especially if leftovers arrive home every day. If this is the case, have an open conversation with your child and perhaps you can put together a lunch that is more in line with their appetite. Then, you can pack a few extra snacks that, if they go uneaten, can be packed again the following day.

### WHAT YOU CAN DO

With the bad news out of the way, let's turn to what steps we can take to make our children's packed lunches more sustainable.

### Recyclable and recycled materials

One of the first things to do is to focus on recycling. When grocery shopping for your child's packed lunch, look for items that are recyclable after they're used. The more of these you can include, the lower the impact on the environment. Going a step further, try to pick up items that are manufactured from recycled materials. These are a much more sustainable choice and opting for them contributes to the circular economy.

### Composting leftovers

Completely avoiding leftovers is virtually impossible. What you can do though, is to have an eco-friendly way to deal with them. The tried and tested solution here is composting. By composting your leftovers, you're enabling them to be converted into a nutrient-rich material that can then be used to grow more plants and crops.

### Sustainable produce

When it comes to choosing the actual food you'll include in your little one's packed lunch, try to pick produce that is in season and ethically sourced. This includes locally-sourced food that results in less of a carbon footprint, or food sourced from ethical producers who make sure to look after both their employees and the environment.

### Reusable containers and bulk buying

A very straightforward method of cutting back on plastic and other harmful materials is to use reusable containers and to buy your groceries in bulk. Lots of reusable containers are plastic and, while their reusability is a move in a positive direction, it's possible to buy lunch boxes made from materials such as bamboo which are even more environmentally-friendly.

When grocery shopping, consider buying longer-lasting items in bulk as opposed to individually-wrapped single-serving variants. Bulk items require far less packaging overall and are the more sustainable option.

### LITTLE BY LITTLE

Trying to make sure that your child's packed lunch is a sustainable one can be daunting. While it's important to do our very best, remember that our best is all that we can do. So don't worry about getting every single piece right, particularly in the beginning. Making small, manageable improvements will accumulate over time and, before you know it, your little one's packed lunch will be a sustainable one. Each time you make these decisions you can congratulate yourself for doing so, knowing that you're contributing to a better world for your pride and joy to grow up in.



# THE RISE OF HOLISTIC LIVING: DUBAI'S TRANSFORMATIONAL WELLNESS SCENE

*We sat down with Jessica Casalegno, director at Dryp, to talk about the many practices available to mothers who want to improve their wellbeing.*



In recent years, the UAE has seen a widespread transformation in its approach to wellness, embracing a more integrated, holistic concept of health and wellbeing. Parents are no exception to this movement, as their daily life requires physical stamina, mental resilience and emotional steadiness. The pressures of balancing family life, work and your own needs can be overwhelming, making it crucial for mothers to prioritise their health. In recent years, holistic wellness practices like hot yoga, barre, Pilates, infra-red treatments and cryotherapy have gained popularity for their potential benefits.

Jessica Casalegno, the new director and studio manager at Dubai's leading hot wellness institution, Dryp, looks at some of the best holistic treatments they offer and how they can benefit mums.

## HOT YOGA

The first activity is hot yoga, a practice that has skyrocketed in popularity in recent years.

### Stress reduction

Hot yoga, performed in a heated room, combines physical postures with breath control. This practice has been shown to reduce stress, by promoting deep relaxation and mindfulness. For mothers managing hectic schedules, hot yoga provides a dedicated space to unwind and release tension.

### Flexibility and strength

The heat in hot yoga classes allows your muscles to stretch more easily, enhancing your flexibility. Poses and flows in hot yoga

contribute to improved strength, crucial for mothers who may need to carry and lift their children regularly.

## Detoxification

Sweating is a natural way for the body to detoxify and hot yoga induces sweating, which helps eliminate toxins from the body. This can be particularly beneficial for mums looking to cleanse their bodies and give their overall health a boost.

## Self-care

Attending hot yoga classes creates a valuable opportunity to prioritise your self-care as a busy parent. Taking time for oneself is essential for maintaining mental and emotional wellbeing when raising children.

## BARRE

Barre is a great choice for those who want to work every part of their body. Let's take a deeper dive.

## Core strengthening

Core strength is crucial, especially considering the physical demands of carrying and lifting children. Barre exercises often focus on the core, helping women develop a strong and stable midsection, which is also great for those building their body strength back up in the months and years after pregnancy.

## Full-body workout

Barre combines elements of ballet, Pilates and yoga, providing a full-body workout. For parents with limited time, barre classes offer an efficient way to target multiple muscle groups, promoting better overall strength and toning.





### Low-impact exercise

Barre is a low-impact exercise, making it suitable for women who are recovering from childbirth or dealing with joint issues. It's a gentle, yet effective option for building strength, without putting excessive strain on the body.

### PILATES

A staple of the fitness and wellness scenes, Pilates is here to stay for good reason.

### Core stability

Pilates is renowned for its emphasis on core strength. As discussed above, women can really benefit from enhanced core stability, which is essential for maintaining good posture and preventing the lower back pain that mothers often develop.

### Improved posture

The postural benefits of Pilates can be particularly advantageous for ladies who may experience postural changes during and after pregnancy. Pilates exercises promote alignment, helping women maintain or recover a strong and upright posture.

### Mind-body connection

Pilates emphasises the mind-body connection, encouraging you to focus on precision and control in your movements. This mindful approach can be wonderful for mothers looking to cultivate mental clarity, a better relationship with their body and lower stress.

### Flexibility and balance

Pilates incorporates exercises that deeply enhance your flexibility and balance. For mums who may find their daily life physically demanding, improved flexibility and balance are very valuable pursuits.

### CRYOTHERAPY

The benefits of cold exposure are beginning to be more widely documented. What can cryotherapy offer you?

### Pain relief and recovery

Cryotherapy involves exposing the body to extremely cold temperatures for a brief period. This practice is known for its potential to reduce inflammation, alleviate muscle soreness and promote faster recovery from injuries and workouts. For mothers, especially

those with active lifestyles, cryotherapy can be a valuable tool for managing any physical discomfort or niggles.

### Energy boost

Cryotherapy has been reported to increase energy levels and overall vitality. For women dealing with fatigue due to lack of sleep or busy schedules, a cryotherapy session can provide a quick and easy energy boost.

### Stress reduction

Exposure to cold temperatures triggers the release of endorphins, the body's natural feel-good hormones. This is highly linked to stress reduction and an improved mood, supporting women in maintaining a positive outlook as they juggle their many responsibilities.

### Sleep quality

Regular cryotherapy sessions have been associated with improved sleep quality. Given the importance of rest for mothers, especially those with young children, cryotherapy may help you to get a deeper and more efficient night's slumber.

### Infra-red therapy

Dryp uses infra-red technology in its hot studios and enjoys an infra-red sauna too. Infra-red heat is anti-aging, supports the immune system, blood pressure, healthy circulation, digestion and is good for stubborn fat loss. Heat therapy works by increasing the production of heat shock proteins which are known to increase your lifespan.

### WHAT SUITS YOU?

While each of these holistic wellness practices offers unique benefits, the key lies in finding a balance that suits your individual preferences and schedule.

These practices extend beyond their physical benefits; they create opportunities for mothers to access readymade self-care, connect with like-minded people and get an important sense of community. As the holistic wellness scene continues to thrive in Dubai, women are exploring new practices, embracing the transformative effects they can have on overall health and happiness.

# PARENTING



Managing parental  
frustration; why you  
should offer your child  
a choice; nurturing kids'  
critical thinking skills  
and more!







# HELPING CHILDREN NAVIGATE COLLECTIVE STRESS

*In times of shared trauma, parents need tools to help children navigate emotions. Clinical psychologist Dr. Lauren Smith shares her insights with us.*

As human beings, we exist within social and community networks, often seeking out emotional connections and support to develop a sense of belonging. These bonds are essential for our emotional wellbeing and help reduce any feelings of loneliness, depression and anxiety that can come our way during the ups and downs of life. Collective stress is the psychological and emotional distress experienced by a community, society or group because of a shared traumatic event or series of distressing experiences. Whether we experience these events firsthand, see or hear about the impact they are having on loved ones, or read about them in the news or on social media, it can be difficult for parents to process and make sense of these situations whilst also trying to support children in doing the same.

In the fast-paced and interconnected world we live in, children are not immune to the collective stresses that affect society at large. From global events to community challenges, the impact of these stressors can leave little ones feeling confused, anxious and overwhelmed. As parents, we feel an instinctive responsibility to provide a supportive environment that helps kids navigate these complex emotions and build resilience. This can be a hard situation to navigate as a parent and so, it's best to have some effective tools ready at your disposal to help children in times of collective stress.

## UNDERSTANDING THE IMPACT

Before we delve into strategies for support, it's important to acknowledge the impact that collective stress can have on children. Whether it's a global pandemic, political unrest or community upheaval, children absorb the energy of their surroundings. They may not fully grasp the details of the situation, but they sense the tension, uncertainty and fear around them.



Young people often experience a range of strong emotions, such as fear, sadness, anger and confusion. In these moments, children look to the adults in their lives for guidance and reassurance, as well as to help them understand the severity of the situation and how to make sense of what is happening. This means it's important for parents and caregivers to recognise the signs of stress in their children. Some kids may be able to vocalise their feelings and concerns, while others may show distress in their behaviour, such as having difficulty separating from parents, acting out events through play and repeatedly asking questions. These signs may also manifest as sleep disturbances or even physical complaints. By being attuned to these cues, we can proactively intervene and create a supportive framework for little ones to work through their feelings. While it may feel intuitive to try and protect young people by minimising the magnitude of the event and simply telling them that everything is okay, the first step in creating a safe space for them is to actually validate their emotions and responses in a non-judgmental way.

## OPEN COMMUNICATION

Communication is the cornerstone of any healthy relationship, and this holds true in times of stress. It's best parenting practice to create an environment where your child feels comfortable expressing their thoughts and emotions. Try to initiate conversations that encourage them to share their concerns, questions and fears, keeping in mind

that children may not always have the words to articulate their feelings, so patience and open-mindedness is often needed.

When discussing challenging topics, it's good to use age-appropriate language and concepts and avoid overwhelming kids with too much information, but rather focus on addressing their specific questions. A balance of honesty and reassurance is key here. If you don't have all the answers, it's okay to admit that and to then explore solutions together. Do your best to answer children's questions in a simple and honest way, tailoring information to their developmental age, with consideration for what is appropriate for them to learn, see and hear. Younger children may need simpler explanations, while older children can engage in more complex discussions.

## ROUTINE AND PREDICTABILITY

Children thrive on routine and predictability. During times of collective stress, maintaining a stable daily routine can provide a sorely needed sense of security. It can be useful to make a schedule that includes regular meal times, play and sleep, as consistency fosters a sense of normality for kids and helps children feel more in control of their immediate surroundings.

In addition to routine, be mindful of providing predictability in your communication. Let your child know what to expect, whether



it's changes in their routine or upcoming events. Predictability provides a different but equally important sense of stability, helping children cope with any uncertainties that may be swirling around them.

## HEALTHY COPING MECHANISMS

Teaching your child some healthy coping mechanisms is an excellent way to help them manage stress in all its forms. These mechanisms can include activities like drawing, journaling or physical exercise. It's wise to encourage kids to channel their feelings through creative outlets, allowing them to process and make sense of their emotions in a format and at a pace that suits their individual tastes and feels comfortable for them, such as art, writing or other creative means.

When you can, model positive coping strategies yourself. Children are like sponges, and often learn by observing the behaviour of adults in their lives. If they see you managing stress in a healthy way, it sets a powerful example for them to follow.

## LIMIT EXPOSURE

In today's digital age, young people are exposed to a constant stream of information through various media channels. While it's essential to stay informed, excessive exposure to stressful news can be detrimental, especially for young minds. It's good to keep an eye on the amount and the type of media content your child is consuming. This way you can limit their exposure to distressing images or stories and choose age-appropriate sources of information, whilst engaging in discussions to help them understand the context. Emphasise the positive aspects of any situation, highlighting stories of resilience, compassion and community support where possible.

## A SENSE OF TOGETHERNESS

Community plays a vital role in helping children feel secure during times of stress. Lean on any connections your child or your family has with friends, extended family and neighbours by organising activities that promote a sense of togetherness for your children. This could be anything from a virtual game night, to a family picnic or a small neighbourhood gathering.

By fostering a supportive community, children learn that they are not alone in facing challenges and that they have a place in which they feel they belong and are safe.

## GETTING HELP

It's always important to recognise when the stress your child is experiencing goes beyond what you can handle alone. There is no shame in seeking professional support, whether it's through a school counsellor, child psychologist or another qualified mental health professional. These individuals have the expertise to guide children through challenging times and provide them with the necessary tools they need to cope. As a parent, acknowledging the limits of your own understanding and seeking help when needed is a really courageous and responsible step that is often under-discussed.

It's also essential to be mindful of your own reaction to collective stress and the care you require to manage your own wellbeing and response to enable you to continue to

support your child. This can take on many forms and there is no single suggestion that will work for everyone. However, you may want to consider how often you're reading the news or checking social media - there is a balance to be had between staying informed without feeling constantly confronted with highly distressing information. It's also beneficial to try to continue to engage with activities that you know are helpful for your physical and mental health, such as exercise and seeking your own sense of connection and support from your trusted network.

In times of uncertainty, you can be pivotal in shaping how children perceive and respond to stress. By approaching the challenge bearing these tips in mind, you should be able to create a foundation for resilience in your children. Remember that each child is unique and there is no one-size-fits-all approach. Their reactions to collective stress will vary, much like ours do as adults, so it's important to be patient and understanding as you provide support, and to adapt your approach as needed to meet your little one's individual personality and needs.



# HOW TO RAISE A CRITICAL THINKER

*Teaching your little one to think critically can make their day-to-day life much more manageable, while also setting them up for future success.*

Critical thinking is perhaps the most fundamental skill that you can instil in your child. It helps kids to make correct decisions, develop their own opinions and separate useful information from noise. Being able to think critically will ensure that your little one is able to navigate the world safely identifying right from wrong, fostering relationships and developing a deeper understanding of themselves. This is a strength that will stand to them both academically and professionally throughout their whole life - so, let's take a closer look at what it is.

## THE BENEFITS OF CRITICAL THINKING

Critical thinking is the ability to mentally process information, assess it and determine whether or not it's rational or factual. This can

be particularly helpful in school, both from an education standpoint and from a social one.

### Success in school

Learning to think critically might help your child to turn the tables on any problems that they're experiencing academically. Lots of children aren't taught to think this way and, as a result, it can be extraordinarily tough for them to glean all of the information from their school lessons. Lack of critical thinking can lead to kids who are misinformed, have greater difficulty learning and overall, it makes for a more challenging school experience. Those who are equipped with critical thinking skills are adept at both deciphering the key takeaways from their classes and committing them to memory. They will likely perform better in exams and reach their academic potential.



### Social development

Moving through the maelstrom of schoolyard social dynamics is enough to test just about anyone! It can be so hard for children to find other kids that they trust, are able to rely on and can become friends with. From drama and gossip, to lies and bullying, there are a number of pitfalls for little ones to be wary of. Critical thinking comes into play strongly here. Through this, your child will be able to spot the positive influences as well as the negative ones. They'll be able to see through any attempts at manipulation or peer-pressure by being able to think clearly for themselves.





### Self-confidence

Critical thinking can be like a superpower for self-confidence. As mentioned, a developed ability to think critically will give your little one a real boost both academically and socially. Performing well in these two tricky arenas can go a long way towards giving your child the gift of self-confidence. Furthermore, through critical thinking your son or daughter will be able to explore themselves. They'll gain a deeper understanding of their own thoughts and feelings, and where these come from. This knowledge of self means that they are less caught off guard by their emotions and

can stay well grounded. Correctly making decisions each day is a surefire way for your child to learn to trust themselves and that is a huge piece of the puzzle with regards to developing true self-confidence.

### CREATING A CRITICAL THINKER

The good news is that it's very possible, and perhaps even enjoyable, to set your child on the journey to becoming a critical thinker. With a few pointers, they'll be on their way to being their most independent, thoughtful and capable selves.

### Conversation

Conversation is key. Finding a way to have thought-provoking conversations with your child on a regular basis will lay the foundations for critical thinking. You needn't fret about coming up with an endless list of topics. Simply make time for intentional conversation with your little one and leave them plenty of room to express themselves. An easy place to start is to get them to ask you questions and then, once you've answered, to ask your own question in turn. Then they can take time to think about your question and formulate an answer. This back and forth often produces fascinating conversations full of twists, turns and deep thinking!

### Set an example

One of the most important skills in parenting is to be the example that you would like your children to follow. As their primary role model, you can strongly inform your child's behaviour by acting the way that you'd like them to act. This directly applies to critical thinking. If your little one sees you openly thinking through an issue, identifying aspects that you suspect are untrue, researching and fact-checking, they will begin to mirror this in their own way. There is so much information available in the world right now, and being able to understand which parts are true and which parts aren't is something that serves parents and children alike!

### Practice problem-solving

Solving problems is a tangible way to practise critical thinking. These can range from simple to complex, depending on your child's age and stage. For example, lay out the tasks that your little one has to complete on a certain day and then challenge them to arrange these tasks chronologically in the order that makes the most sense. There are also plenty of fantastic problem-solving resources available online that will test your child's critical thinking.

### Foster an open mind

Open-mindedness is a cornerstone of critical thinking. Without an open mind, many people are incapable of examining information in an unbiased manner. In order to determine if something is true or not, it's very important to have an open mind. So many of us are conditioned to believe certain things, whether it's a limiting belief around money or self-





imposed ceilings on our ability. Foster an open mind in your child to ensure that they are always willing and able to think clearly and objectively. To do so, encourage your little one to examine one of their own opinions from the opposite point of view, and to gracefully consider that there are often two sides to every story.

### Making choices

Lots of children are anxious about making decisions. They fear making the wrong choice and the negative consequences that will follow. This is a great opportunity to role play with your child. Create a hypothetical situation where they have to decide which option to take, and walk them through the process of weighing up the potential outcomes and drawbacks. Next time they have a real decision to make, assist them in thinking critically about the situation before making the final decision.

### CRITICAL THINKING IN THE AGE OF SOCIAL MEDIA

It has, arguably, never been more important for children to be critical thinkers. Social media floods our children's world with images and stories that present certain people as having an ideal life or being impossibly beautiful. These days, thankfully, we understand that these standards of beauty, success and happiness are, more often than not, carefully filtered and curated by the original poster to present an image of perfection. Providing our children with the skills to think critically will empower them

to see through the false representations of people online. This can offset the onslaught of insecurity and self-esteem issues that overexposure to social media can bring about in kids of all ages.

Teaching your little one to be a critical thinker is one of the very best lessons you can pass on to them. It enables children to flourish into capable, confident and well-informed young adults. With some gentle input and guidance from you, they'll be well on their way to fulfilling their potential, as well as safely steering their own way through the many challenges that go hand in hand with growing up.

# THE BENEFITS OF OFFERING KIDS A CHOICE

*Enabling your child to make decisions about parts of their own day is a brilliant way to instil a sense of self-confidence and independence in them.*

Feeling in control is a basic human need and quite often, this is the reason behind many children's urge to resist parental authority. Being a mother or father often involves telling little ones what to do which can exclude the possibility of them having a voice. Understandably, this may lead to a build up of resentment and create feelings of not having any power, which is where problems and issues can arise! Instead of simply telling your child what to do, it can be useful to instead practise the habit of offering a choice - one where you're comfortable with both outcomes. This way, your little one feels like they're making the decision for themselves, but in fact, you are subtly guiding them towards doing something that works for you.

## WHAT YOU CAN TRY

Here are a few examples of different scenarios where you can apply this handy parenting trick.

### Mealtime

The next time you're making breakfast for your child, consider offering them the choice of two options. You could ask, 'Would you like scrambled eggs on toast or porridge and berries?' There is a real sense of autonomy that comes with choosing what you're going to eat, and providing your child with the opportunity to make this decision can make them feel like a little grown-up!

### Clothes

Choosing what to wear is another way to impart some feelings of independence to your little one. You get to decide how much free reign they have here - whether they can choose exactly what they want to wear or, more narrowly, if they'd like to wear the white t-shirt with red stripes or the plain yellow one for example. If you give your child complete freedom to wear whatever they want, be warned, they may come up with some pretty



wacky and outlandish costumes! It's important to find a balance here because you don't want to ask them to pick whatever they want, only to force them to wear something else.

## NAVIGATING PUSH BACK

When given the power of choice, some children will try to push the boundaries. This isn't necessarily bad behaviour. It's usually the case that they're just trying to figure out the rules of this new system that you're presenting to them. If you offer a decision between 'Option A' and 'Option B', some kids may try to ask for a

combination of both, or even invent an 'Option C'. While creative thinking is admirable, it's helpful to limit them to the original choices here, unless they have a valid reason. Doing so also teaches them the basics of compromise and opportunity cost, for example missing out on the benefits of 'Option B' by selecting 'Option A'.

Giving kids a choice can be a challenging learning curve for them, so do be sure to support them through making these new decisions and, if they are completely stuck and can't make up their mind, reassure them that you can ultimately choose on their behalf.



# QUIET ACTIVITIES TO REPLACE NAPTIME

*All toddlers eventually grow out of naptime but this doesn't have to spell the end of that late afternoon period of peace. Here we explore the 'quiet time' activities that can replace napping.*

A regular nap time for little ones is often the only chance during the day when mums can take a moment for themselves and relax, before the busyness of the day resumes. There comes a time (all too soon for some of us!) when children no longer need to take a nap in the middle of the day. The telltale signs include your child being more hesitant to fall asleep and maybe even wanting to do an activity instead. If this happens, you may simply have to accept that the time for regular naps has passed.

There is good news though! The end of daytime shut-eye doesn't necessarily have to mean the end of those precious few moments of calm in the afternoon. Just because your little one no longer has to sleep during the day, it doesn't mean that they don't need a short period of rest. Often naptime can be smoothly replaced with a time for quiet activities. This down time means that your child will be able to rest while entertaining themselves with an activity, and you will be able to take a brief but well-deserved break.

## NO MORE NAPTIME

The need for naps will pass for the majority of children before they're five years of age. Some stop drifting off during the day



as young as two and half years old. If your little one is trying to avoid naptime, or they're waking up from their nap earlier than usual, it often means that they no longer require this afternoon siesta.

Another sign that the end of regular napping is around the corner, is that your child will sleep during naptime but will wake up earlier in the morning, or even in the middle of the night. This is due to the fact that they've already had enough sleep and a full night's sleep has become too much for them. To address their new needs, and to make sure they sleep through the night, it's advisable to gently move your child away from midday naps.

However, if your little one is made to transition straight from a regular nap to a full day of activities, they may get too tired and their sleeping routine will be disrupted. This is where restful activities come in - a planned period of 'quiet time' that encourages your toddler to mindfully engage with something, while also getting some rest.

## RESTFUL ACTIVITIES FOR TODDLERS

Engaging with restful activities will guarantee some down time for children and parents alike, as well as having a restorative effect on your little one, ensuring that they'll be re-energised and ready for whatever else the day has in store. Here are a few options try with your toddler:

### Colouring

Colouring is an absolute favourite 'quiet time' activity for so many children. In recent years, mindful colouring has been adopted by huge numbers of adults as a way to intentionally relax and unplug from their busy lives. Little ones are no different! Set your toddler up with a selection of colouring pencils and some paper or a colouring book, and encourage them to let their imaginations run wild.

A regular colouring practice will provide an opportunity for your toddler to relax without having to take a nap. It also develops their creativity and fine motor skills. You never know - you may want to pick up your own colouring book and try your hand at some mindful colouring too!



### Audiobooks

Listening to audiobooks is a wonderful activity for little ones needing some mid-afternoon relaxation. With almost countless options available, your child can be transported to fantastic different worlds brimming with entertaining stories, all while relaxing in their favourite cosy spot at home. Audiobooks can replicate the calming nature of a bedtime story and, as such, are often very soothing for toddlers. This results in a genuinely restorative period of the day where children can get some down time while still having fun.

### Building blocks

A period of free time to play with building blocks is another great 'quiet time' activity for little ones who have grown out of napping. Lego is the natural choice, with virtually endless ways for your child to explore their imagination. It's recommended for younger children to start with Duplo as each piece is bigger. This means that it's both less of a choking hazard and more manageable to handle as your toddler is still developing their dexterity.

### Puzzles and brainteasers

Puzzles and brainteasers present unique ways to help your child unwind, while keeping their mind engaged. The emphasis here should still be on fun and there shouldn't really be any pressure to replace naptime with purely educational time. However, if your toddler can enjoy relaxing while figuring out a puzzle, it's a win-win situation! There are plenty of puzzle books filled with word searches, crosswords and much more, so why not try one out with your little one.

## A PIECE OF ADVICE

One final piece of advice is to try to avoid bringing screens into the equation. These activities are supposed to be a restorative and gentle part of the day. While there are fabulous videos and apps that will keep your little one engaged, they may in fact tire your toddler out rather than giving them the afternoon boost they really need. So stick to analogue options where possible and make the most of your own 'quiet time' while your child is enjoying theirs.

# WILLS AND INHERITANCE: THE MOST IMPORTANT PARENTAL CONSIDERATIONS

*We spoke with Samara Iqbal, solicitor, director and founder of Aramas International Lawyers, about what parents need to think about when it comes to arranging their will.*



In the complex world of family responsibility, ensuring your children are able to live well when you're not present is important. Part of being a responsible parent is carefully establishing and organising future plans for your loved ones, and this includes preparing your wills and inheritance with your children in mind.

## BE OPEN

Talking about wills and inheritances might feel awkward at first, but it is essential that kids comprehend its significance, in order for them to plan for their future. Starting these conversations early is not just about saying what you want as a parent. It's also about helping your children understand why the process matters. Being open about this tough topic means the entire family can tackle it together. Moreover, choosing guardians for your children in the event that something happens to you is one of the major decisions in this planning. These

conversations are not simply about money; they're also about finding people who can be there for your children if ever needed.

## CREATING A TRUST

It's best to set up a trust fund to keep your children's financial future safe. It helps you to manage money responsibly, covering likely needs, such as education and healthcare. Similarly, if you have a child with additional needs, you need to think a bit more. In this case, making a specific trust is absolutely necessary.

## PLAN FAIRLY

Deciding who gets what among family members is a careful balance. Trying to be fair and thinking about what each person requires helps to avoid family disagreements and makes sure your legacy follows your values.

## UPDATE IT REGULARLY

Life changes and family situations evolve. Checking and updating your wills and inheritance plans, especially after big life events, keeps everything in line with your wishes.

## FINANCIAL LESSONS

Besides the technical talk, this may be a great opportunity to teach your children about money. Giving them the know-how early on helps them to handle money well, as well as understand what they might inherit and how they can best manage these funds.

## SEEK ADVICE

Getting advice from professionals is a must for this tricky topic. Guidance from legal and money experts is a huge help in sorting out your will and inheritance plan, as they can provide advice tailored to your situation, making sure the legal and tax elements are properly handled.

## FAMILY VALUES

Adding your family values into your plan isn't just a sentimental touch. Whether it's supporting good causes, focusing on education, or encouraging your children's entrepreneurial spirit, it gives your legacy a sense of meaning for generations to come.

Planning your will and inheritance is about more than just who gets what. It is a vital aspect of good parenting that makes sure your family is protected in the long run, passing down the values that matter most to you. Approaching this with openness, clear communication and professional advice will help you to create a legacy that truly reflects your love and hopes for your family.

# NAVIGATING PARENTAL ANGER

*Raising a child has its ups and downs, and sometimes it's hard not to let frustration get the better of you. How can you best manage these emotions as a parent?*

Parenting is a journey filled with love, joy and yes, moments of frustration and anger. While it's natural to feel angry at times, learning how to manage and express your anger constructively is a key element in fostering healthy relationships within the family. Here are some practical strategies to help you navigate any moments of anger and transform these challenging flashpoints into helpful lessons.

## PARENTAL FRUSTRATION

Frustration and anger are normal human emotions, often triggered by stress, exhaustion or simply feeling overwhelmed. As parents, we may find ourselves getting angry at a particularly tricky tantrum, kids refusing to do what we need them to or any of the other challenging behaviours that children sometimes display. However, it's important to recognise that how we choose to respond to these frustrating moments can have a significant impact on children's emotional wellbeing and development.

## BEING A ROLE MODEL

Children learn by example and parents are usually their main role models for emotional regulation. When we respond to challenging situations with patience, empathy and resilience, we teach kids valuable skills for managing their own emotions effectively. By modelling good techniques, such as taking deep breaths, counting to ten, or taking a break to cool off, we demonstrate that it's possible and, in fact, normal to navigate anger constructively.

## PRACTISE ACTIVE LISTENING

Good communication is at the centre of resolving any conflict without harming a relationship. When children express themselves, whether through words or actions, it's important to practise active listening and validate their feelings. By acknowledging their emotions and showing some understanding, we create a more



honest emotional environment, where kids won't feel as defensive and issues are more likely to be sorted out with openness.

## SETTING CLEAR BOUNDARIES

Establishing clear boundaries and expectations helps prevent clashes. When children understand the rules and consequences of their actions, they can decode how to behave more easily. Consistency is key to enforcing boundaries, as it shows children that the goalposts can't be moved.

## LEARNING

Most of the time, when we get angry, the true reason is several layers below the trigger. By reflecting on our responses to anger, we

can actually learn a lot about what is truly upsetting us. Motherhood can be demanding, both physically and emotionally. It's so easy to put your own needs last and slip into the habit of never quite getting around to meeting them. Self-care is the only real way to replenish your reserves, release any built up stress and prevent burnout. Carving out space in your life for self-nurturing activities will go a long way to helping you feel more emotionally balanced and help you be more reflective about the source of your frustrations.

So, next time your little one throws a tantrum, take a moment, ask yourself "where is my anger really coming from?" and try your best to respond to your child with clear boundaries and a listening ear. Navigating parental anger isn't easy but the rewards are definitely worth it!



# EDUCATION



Novel ways to nurture  
students' mental  
wellbeing and the  
importance of active  
learning!





# WHY ACTIVE LEARNING MATTERS

*In the ever-evolving landscape of education, most parents are usually on the look-out for new ways to enrich their child's learning experience. Active learning could be the way forward.*

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

## THE POWER OF ROUTINE

One concept that has gained momentum in recent years is active learning - but what exactly does that phrase mean and how could it benefit your little one's academic journey?

## WHAT IS ACTIVE LEARNING?

Active learning is more than just a teaching methodology; it's a philosophy grounded in the belief that children learn best when they are actively engaged in the learning process. Unlike traditional education, where students absorb information through lectures or rote memorisation, active learning encourages more engagement, personal participation and analysis, to reach a deeper understanding and better retention of new knowledge.

## ADVANTAGES

At its core, active learning is about fostering curiosity and a genuine love of learning, two major advantages to have when it comes to school success. By engaging with material, kids become active participants in their own learning, rather than passive recipients of information. This not only enhances their comprehension and their ability to recall things later, but it also cultivates essential skills like communication, collaboration and critical thinking - skills that are invaluable both inside and outside the classroom. Here's how active learning can benefit your child at school:

### Involvement

Active learning transforms the learning experience into a dynamic and interactive journey. Whether conducting science experiments, debating a topic in a group, or participating in role-playing activities, children are more involved in the process of learning new ideas.

### Greater understanding

Little ones develop a wider understanding of ideas through hands-on experiences and real-world applications that help abstract concepts come to life, making learning more tangible and relatable for young minds.

### Analytical abilities

Active learning cultivates critical thinking skills by encouraging children to analyse, evaluate and synthesise information independently. Rather than passively absorbing facts, they learn to question, explore alternative perspectives and think rationally about the world around them.

### Collaboration

This philosophy gives children more opportunities to learn from their peers and share their ideas in a supportive environment. During group projects, debates and discussions, kids develop their interpersonal skills, working on their communication, teamwork and conflict resolution. These are markers of future success in today's interconnected world and will benefit your little one far beyond the four walls of the classroom.

## WHAT TO DO

As parents, there are many ways we can promote active learning in our children. A simple first step is to nurture curiosity at home by asking open-ended questions and encouraging discussions together. Secondly, it can be good to allow some hands-on exploration in your child's down time, be it educational games or creative activities, like art or writing. Lastly, it's easy to get wrapped up in grades, but it's more helpful to praise effort, perseverance and resilience, rather than focusing solely on children's academic outcomes. Interestingly, this actually creates a better learning environment at home, as kids feel empowered to take risks and make mistakes, ultimately embracing harder challenges with less fear.

Hopefully, this article will give you the tools to begin encouraging greater active learning in all aspects of your child's life, setting them up for educational success!



# FOSTERING HOLISTIC MENTAL HEALTH DEVELOPMENT AT REPTON AL BARSHA

In the dynamic landscape of education, fostering academic success is not solely about textbooks and exams; it hinges on the delicate balance of students' mental wellbeing. Parents and educators play a pivotal role in steering children toward triumph by prioritising their emotional health.

## ACADEMIC SUCCESS

Research unequivocally supports the notion that a student's mental wellbeing is directly linked to their academic performance. A robust mental state is akin to a fertile ground where intellectual seeds sprout and flourish. When children feel emotionally supported and secure, they are better equipped to focus, absorb information and engage actively in the learning process.

## PERSONAL SUCCESS

Moreover, a healthy mind is the cornerstone of personal success. In the dynamic tapestry of adolescence, young minds are navigating a multitude of challenges, from friendships and social worries, to understanding themselves. A sound mental foundation not only fortifies kids against stressors, but also enhances their resilience and problem-solving skills, all of which are critical assets for their future endeavours.

## A NEW UNDERSTANDING

In the modern era, an increasing number of parents and schools recognise that academic triumph is not a solitary journey, but rather a holistic experience that encompasses emotional and psychological fortitude. By championing our children's mental wellbeing, we lay the groundwork







for a future where success is not just measured by grades, but by the ability to face challenges with poise, determination and a healthy mindset.

## REPTON AL BARSHA

Creating an environment that nurtures mental wellbeing involves open communication, active listening and understanding the unique needs of each child. Dedicated to nurturing students' holistic development, Repton Al Barsha understands this and is prioritising the mental wellbeing of its students and parent community. The Al Barsha campus has implemented a series of strategies within its curriculum to cultivate positive relationships and emotions, digital wellbeing and safety.

Mental wellbeing remains at the forefront of the school's educational framework, driven by dedicated long-term initiatives that foster the values of positive mental health and wellbeing in the classroom and beyond, offering enriching support to students, parents and the wider Repton community.

### A skill for life

Chandini Misra, Principal of Repton Al Barsha says, "At Repton Al Barsha, we know that nurturing academic growth starts with mental and emotional wellbeing. In an increasingly complex and fast-paced world, the ability to deal with stress and



anxiety is a critical life skill. By addressing these challenges within our supportive community, we are equipping our students to be future leaders who can confidently navigate any obstacles they may encounter in their professional and personal lives."

## Global Be Well Day

The Al Barsha campus recently participated in Cognita Group's 'Global Be Well Day' initiative, engaging students and parents in meaningful discussions and activities focused on improving mental wellbeing and highlighting the importance of digital wellbeing and safety. The event provided the Repton community with a platform to openly discuss the importance of wellbeing, followed by a soothing yoga session, led by expert yogi Rakhi Jutla, which highlighted practical techniques to manage stress and anxiety.

## Workshops and events

Furthermore, Repton Al Barsha regularly invites parents and students to engage in insightful workshops and panel discussions, led by professionals who address wellbeing topics such as sleep, nutrition and more. These include the compelling 'The Importance of Sleep' led by Dr Edward Cody from Mediclinic Parkview Hospital, and the 'Repton Wellness: Healthy Eating and Nutrition' panel discussion, full of great information from clinical dietitians, Alison Diamond and Tina Chagoury. Sprout.ae

also delivered an informative step-by-step presentation for parents and students to follow, to help them live a more nutritious and healthy lifestyle. The campus also looks forward to welcoming Barry Cummings from 'Beat the Cyber Bully' to discuss safeguarding around online gaming and personal devices.

## Checking in

To continuously augment its long-term strategies, Repton Al Barsha administers the 'Pupil Attitudes to School and Self (PASS) Survey', a valuable tool for assessing students' wellbeing and understanding their perspective on various aspects of school life. The insights gained from these surveys enable the school to tailor their student and parent support accordingly. The recent survey findings indicated that Repton Al Barsha pupils have highly positive feelings about school and attitudes to teachers. The school has also implemented the Positive Emotion, Engagement, Relationships, Meaning and Accomplishment (PERMA)' model within the curriculum, providing students with a framework for nurturing their mental wellbeing.

## Collaboration

Recognising the pivotal role of parents and guardians in promoting mental health awareness, Repton Al Barsha also offers informative workshops, newsletters and direct communication channels that empower parents to engage in meaningful conversations with their children.

Repton Al Barsha also actively explores collaborations with local mental health organisations and community partners, including Mediclinic, Insights Psychology and Lighthouse Arabia, to provide an enhanced range of resources to students and their families. From staff wellbeing weeks each term, to exciting activities such as padel tennis, the school's strategies encompass embedding wellbeing initiatives into academic programmes, broadening professional development opportunities for staff and cultivating an environment where open discussions about mental health are encouraged as standard practice.

**Visit [www.reptonalbarsha.org](http://www.reptonalbarsha.org) for more information on Repton Al Barsha's enriching initiatives.**

# SCHOOL & FAMILY BREAKS



A beautiful trip to  
Jakarta and the most  
anticipated resort in  
the UAE!





# CHARM AND ELEGANCE AT THE HEART OF JAKARTA

*Combining upbeat city culture with a luxury hotel is usually a recipe for an unforgettable holiday. Here we check out a serene hospitality experience in the heart of Indonesia's capital.*

If it's time to take your family on the ultimate city break, one standout option is The Langham, Jakarta. Nestled within the prestigious District 8 area of the Sudirman Central Business District, the stylish 65-storey hotel stands as a testament to the city's prominence as both a cultural travel destination and a thriving business hub.

## LOCATION, LOCATION, LOCATION

A stone's throw from Jakarta's financial, cultural and entertainment centres, The Langham, Jakarta offers easy access for you and your loved ones to the beating heart of the city, while also being just a 30-minute drive from the airport. Your family will be able to effortlessly explore Jakarta's dynamic blend of modernity and tradition, including must-visit destinations like Kota Tua, the National Monument (Monas) and the stunning Museum Macan. Upscale shopping is also within walking distance thanks to ASHTA in District 8 and Pacific Place Mall.

If you're looking to sample some nature without having to leave the city, there's Taman Mini Indonesia Indah, a cultural and recreational park designed to highlight Indonesia's cultural and natural diversity. The expansive enclave features replicas of traditional houses, museums, theatres, gardens

and a lake. The park also offers a glimpse into the nation's rich heritage and is a popular destination for both locals and tourists, providing an immersive experience of Indonesia's distinct cultures. How wonderful!

## OPULENCE IN THE CITY CENTRE

The Langham, Jakarta features 223 guest rooms with majestic floor-to-ceiling windows, offering spectacular views of the city, state-of-the-art in-room entertainment via smart technology and lavish marble bathrooms, featuring rain showers and free-standing bathtubs. These are all complemented by the highest-quality of materials and craftsmanship in the space, as evidenced through its intricate wall panels, sculptures, paintings and timeless artefacts - the Langham, Jakarta truly ticks all the boxes!

## CUISINE

For the food connoisseurs in your family, The Langham, Jakarta will be a real hit thanks to its exceptional celebrity restaurant partnerships. Tom's by Tom Aikens, T'ang Court and Morimoto all promise gastronomic journeys led by culinary maestros. Echoing The Langham's London-based sister hotel, the legacy of afternoon tea continues at the hotel's French bistro, Alice.

## WELLNESS

For a touch of rejuvenation after a busy day in Jakarta, Chuan Spa offers Traditional Chinese Medicine-inspired treatments in a serene setting. The spa includes private treatment rooms, a fully equipped fitness centre and Jakarta's highest indoor infinity pool that boasts spectacular urban vistas, leaving nothing to be desired.

## THE CLUB LOUNGE

Another sanctuary for the senses is The Langham club lounge. Perched on the hotel's 59th floor, the venue serves as an escape for guests seeking some personal time enriched by panoramic and unobstructed views of the city. The lounge boasts a writer's corner, a reading library and private arrival and departure facilities. Your family will also be welcome to complimentary food and beverages, and a dedicated butler service. So, for a fabulous holiday, consider the Langham, Jakarta, for a truly elevated experience for you and your family.

Visit [www.langhamhotels.com/en/the-langham/jakarta](http://www.langhamhotels.com/en/the-langham/jakarta) to discover more.







# A PEEK INSIDE THE UAE'S MOST ANTICIPATED RESORT

*The long-awaited Anantara Mina Al Arab Ras Al Khaimah Resort is now open and promises to be the perfect destination for your next big family getaway.*

Anantara Mina Al Arab Ras Al Khaimah Resort has opened its doors in the UAE, bringing eco-luxury to Ras Al Khaimah, the emirate synonymous with nature and adventure. Situated on a private peninsula with golden sands and natural mangroves, the resort's setting is unrivalled in exclusivity, tranquillity and luxury, featuring lush gardens, an infinity pool and a natural mangrove sanctuary - all against a backdrop of the majestic Hajar mountains and breathtaking views of the Arabian Gulf.

## EXCEPTIONAL ACCOMMODATION

A range of accommodation is available, including contemporary and spacious guest rooms and suites, located in the main building or set within traditional riads. Whichever you choose, you'll be greeted with modern sophistication infused with locally-inspired design elements, and stunning views from the private balcony or terrace.

The resort also introduces a slice of Maldivian luxury to Ras Al Khaimah, showcasing the emirate's first over-water villas. These offer generous living space for your loved ones, an expansive outdoor deck featuring a private plunge pool, the natural mangrove lagoon and a reserved cabana on the villa-only beach, all overlooking the Arabian Gulf. The dedicated Villa Host service ensures that you and your family's unique preferences are fulfilled at every opportunity. Additionally, there are ample options to enjoy a little pampering, with complimentary massages and more.

## AN ARRAY OF CUISINES

With six restaurants and bars at Anantara Mina Al Arab you can enjoy the luxury of choice when you dine each day. The signature restaurant, Mekong, offers a culinary journey through Thailand, Vietnam and China, showcasing dishes from Asia's most storied waterway. Beach House draws inspiration from the laidback living



of the Mediterranean, providing delicious meals featuring fresh coastal cuisine. Other options include Sea Breeze, the all-day dining restaurant, a gourmet deli, a lobby lounge and more. For a more intimate experience, you can engage the services of a personal chef with Dining by Design, Anantara's bespoke private dining experience, enjoying romantic meals served at a table for two on the beach or aboard a private yacht.

## LOCAL CULTURE

As with every Anantara resort, your family has the chance to get a genuine feel for the destination and local culture. Signature experiences include hiking on nearby Jebel Jais, the UAE's highest mountain, with a gourmet picnic along the way, or guided kayaking in the surrounding mangroves, home to flocks of flamingos and herons, as well as

luxury cruising in the Arabian Gulf, with a sunset dinner prepared onboard.

## FUN-FILLED ADVENTURES

Ras Al Khaimah is renowned for its adrenaline-fuelled experiences, such as the world's longest zipline and tobogganing, both at the top of Jebel Jais - perfect for thrillseekers! You may also like to visit an Emirati pearl farm to learn the secrets of the ocean's depths, or go hot-air ballooning over the desert in search of indigenous wildlife. In addition to exploring the emirate, the resort offers a variety of water sports and boasts extensive leisure facilities, including an infinity swimming pool, a fitness centre, a padel court, yoga pavilion, kids' and teens' clubs, along with a variety of recreation activities for the whole family. There really is something for everyone at Anantara Mina Al Arab Ras Al Khaimah Resort!

## REJUVENATION

For those looking for a more serene experience, Anantara Spa is a sanctuary of healing and relaxation. The spa is set within manicured gardens overlooking the sea, with facilities including seven treatment rooms and wet areas for men and women. Here, you can enjoy treatments using indigenous ingredients, such as the 'Ras Al Khaimah Ritual' with its deeply enriching body scrub made from dates, salt and honey, couples' journeys inspired by the surrounding desert and ocean, and extensive traditional therapies from Anantara's native Thailand.

## SUSTAINABILITY

Anantara Mina Al Arab's green credentials are unsurpassed, showcasing a commitment to preserving nature through actions and strategies that eliminate plastic use, while reducing waste and energy consumption. All accommodation has been sustainably built, with furniture and fittings using eco-friendly materials like sustainable wood and recycled fabrics and plastics. Great care was taken not to disturb the surrounding ecosystem, including the mangroves, home to sea turtles, migratory flocks of birds and the occasional rare dugong. You and your family can rest assured that your carbon footprint has been minimised for the duration of your visit. Even better, an interactive discovery centre is coming to the site, which is expected to instil a love of nature in the next generation.

## TYING THE KNOT

As the perfect meeting point between east and west, and with Dubai International Airport being one of the most connected in the world and less than an hour away, Ras Al Khaimah is ideal for destination weddings. Couples can enjoy exclusive use of one of the resort's beaches or the beautiful gardens, with capacity for up to 450 guests, and Ras Al Khaimah International Airport is just 30 minutes' drive from the hotel. So if you're searching for the perfect destination to celebrate the happiest day of your life, make sure to check out Anantara Mina Al Arab Ras Al Khaimah Resort!

*Visit [www.anantara.com/en/mina-al-arab-ras-al-khaimah](http://www.anantara.com/en/mina-al-arab-ras-al-khaimah) for more information or email [rasalkhaimah@anantara.com](mailto:rasalkhaimah@anantara.com) to make a booking.*



# HOME & GARDEN



The helpful design  
principles to bear  
in mind in a more  
compact space!







# STYLING SMALLER SPACES

*What tips and tricks should you focus on when decorating a compact home or apartment? Let's dive in.*

Petite homes can be just as stylish as bigger ones. With urban living and population on the rise, more and more people are opting for less spacious dwellings and a more minimalist lifestyle, but that doesn't have to mean sacrificing on aesthetics. Here are seven clever design principles that will help you get the most out of cosy spaces.

## GOOD LIGHTING

A common quirk of small properties is a lack of bigger windows, leading to rooms that feel dark or boxy. It's always important to consider proper lighting and the flow of natural light in interior design, but this principle is even more essential when decorating bijoux places. Light can transform the vibe of any area. Maximise your natural light by skipping heavy blinds and ensuring bulky furniture is housed away from the window frame, and make sure to add plenty of extra light sources to evoke a warm, cosy atmosphere. It's best to especially focus on good lighting in cramped spaces, such as a bathroom with a tiny window or a dark kitchen nook. If you don't want to take up unnecessary area with floor or table lamps, try elegant wall sconces, pretty pendant lights or rustic string lights. These fixtures can be striking and add a wonderful character to your home, leaving valuable real estate for other furniture.

When considering the flow of light, it can be smart to remove some internal walls and use a partial glass wall instead to define different zones, opening up views and connecting zones in a modern, light-filled way. Pocket doors with glass windows can also make a great replacement for solid doors as they allow light to move throughout multiple rooms without compromising on separation. What's more, they also slide right into the wall when opened, saving much more area than usual swinging doors.



## REFLECTIVE SURFACES

One of the oldest tricks in the book is to take full advantage of the power of reflection. Bouncing light all around your dwelling not only makes it seem brighter and airier, but also gives the illusion of more room. Small-scale spaces tend not to be blessed with an abundance of natural light and reflective surfaces work hard to balance this out. Consider mounting a large mirror on your most open wall, or try arranging a few mirrors in different shapes and sizes on the one wall, as you would with pieces of art. Not only does this give you a greater sense of light and spaciousness, it can also form a really interesting visual feature.

## HARD-WORKING PIECES

Finding furniture that can serve more than one purpose is a key element to making modest spaces work for you, without building up visual clutter. Saving you both room and money, pieces that earn their place by providing a double function can be an ingenious and satisfying way to get more out of less. This can be as simple as finding furnishings that offer unexpected storage, from beds with built-in drawers to benches and ottomans that open up to hide away blankets, bedding or other bulky items. In a smaller environment, every piece needs to pull its weight! A mounted wall desk can also be an aesthetic display shelf. A daybed may be used as a sofa or cosy reading nook most of the time, transforming into a guest bed when necessary. A well-placed dining table doubles as extra counter space when preparing food, or if your dining area is separated from the kitchen,

it could be set up as a desk outside of mealtimes. Try to search out items that give you maximum functionality in minimal square footage. With no shortage of inventive furniture available in today's market, you're sure to find the right offering for your needs.

## CUSTOMISE YOUR STORAGE

Storage is crucial when it comes to keeping compact homes neat and functional. Try to take advantage of any architectural quirks available to you! A deep windowsill can house candles, display items and other essentials. Bespoke built-ins, storage nooks and even a TV hidden inside of a credenza can help those whose living and dining areas are open-plan. You could also consider drapery to conceal any unsightly pipes or your HVAC system, creating a soft, textural backdrop in their place.

## CREATE ZONES

You can section off different areas without making things feel too tight by using sheer curtains, freestanding room dividers such as Japanese shoji screens, or simply open shelving that allows you to delineate separate zones without cramping up your living area. These clever tricks also allow light to continue to permeate through, keeping your living areas bright and open feeling. Segmenting areas in this way is a wonderful opportunity to flex your design muscles and add a unique sense of panache to your environment.

## LET IT BREATHE

When working with a modest space, it's easy to accidentally overstuff the room. A brilliantly simple design ethos is to keep the floor as clear as possible. This is a three-part approach. Firstly, whilst you certainly need somewhere for your essentials, even the most gorgeously decorated little room won't be nice to spend time in if it feels claustrophobic - nothing makes a place feel more pokey than clutter. Edit your belongings until you're only left with things that fulfil a purpose or bring you joy. One of the underrated advantages of smaller dwellings is that they require you to let go of the items that no longer serve you, otherwise you run the risk of overcrowding.

Secondly, less is more in a well-designed bijou home and deliberately leaving plenty of open space in all visible areas, from the floor to your countertops, can make a world of difference to how the room appears. Try floating pieces, such as shelves and nightstands, to keep the ground clear of obstacles. Similarly, choose sofas and cabinetry that have legs as opposed to sitting directly on the floor. You'll be amazed at the visual difference this one change can have!

Lastly, don't forget to allow things to 'breathe'. This means pulling furnishings away from the wall where you can afford to and making sure there's decent gaps between furniture items. Nothing says 'I don't have enough room' quite like jamming your furniture far too close together and pressing everything against the wall. To achieve a more

relaxing and spacious feel, you may need to consider getting rid of any pieces that aren't used on a daily basis, such as accent chairs or additional coffee tables.

## PLAY WITH SCALE

One way to get the most out of the aspect ratio of a compact area is to exploit the often forgotten space between furniture tops and the ceiling. Take advantage of this verticality by exploring hanging or wall-mounted elements higher up the walls. These shelving units, bookcases or art pieces add vertical depth, bringing the spaciousness you've worked to create on the floor into a lovely contrast.

Another approach you could incorporate is to purposefully avoid pint-sized furniture and miniature decorative items, outfitting your home with a select number of large-scale pieces instead to make it feel grander. By choosing less items, but making them bold, eye-catching and larger than life, you can truly elevate and personalise your space, imbuing it with a big character that packs a lot of design punch.

Using these seven actionable principles of design, you'll be able to get the most out of a compact space, leaving you with an aesthetic and fit-for-purpose home environment that meets your every need, without compromising on flair!





# GOOD LIVING



Fun ideas for  
Valentine's Day; this  
month's beauty picks  
and more!



# THE HEALING POWER OF TEA

*Tea drinking has a long established relationship with wellbeing, offering a host of beneficial properties. Here are five Ayurvedic blends designed to support your health.*

Savouring a refreshing cup of tea is one of life's simplest pleasures! I wanted to share an interesting range from Newby London that beautifully captures the synergy between health, wellness and the age-old tradition of tea drinking. This time of year often involves a drive towards better health and for centuries, tea has been revered for its healing powers. With this in mind, I'm delighted to introduce you to the luxury 'Wellness Collection'. Perfect for any tea enthusiasts like myself who are embarking on a wellness kick, this collection offers five distinct blends, each inspired by Ayurvedic ingredients that promote wellbeing in some way.

A clean diet means avoiding chemicals and low-grade ingredients as much as possible, so for those focusing on wellness right now, Newby Teas is a name I trust for high-end tea. Quality is their number one priority, with expert tasters sampling thousands of harvests each year. Their recommendations are sent to the founder and tea specialist, Mr Sethia, and only after he has personally tasted and approved each tea will it be ready to bear the Newby name, meaning you can rest assured that you'll only get the best quality with this collection. Let's take a closer look.

## Night Calm

Newby London's Night Calm is a wonderful evening drink for easing you into a restful night's sleep. The comforting blend of chamomile and lavender makes this fragrant tea an excellent addition to your bedtime routine. Created with calming chamomile flowers, fennel seeds, lemongrass, liquorice root, lavender, tulsi, peppermint and rose petals, it's a soothing way to unwind after a long day.

## Energy Boost

Created with a healing blend of green tea, turmeric, liquorice root, peppermint, cinnamon, ginger, and black pepper, this amber-coloured brew offers a mix of spicy and minty notes. The perfect start to the morning, it offers you a natural and organic energy boost that helps power you through the day.

## Wellness Spa

Designed for self-care, the Wellness Spa blend is made with all of nature's goodness. Lemongrass, ginger and lemon peel lend a lovely zing to this yellow drink, while green tea, liquorice root, coconut pieces, dandelion root and marigold petals add to its aromatic, uplifting finish - my favourite for invigorating both the body and the mind!

## Body Balance

This blend of fennel seeds, cardamom pods, coriander seeds and liquorice root, enables tea lovers to find their centre amidst the hustle and bustle of life. Grounding and gentle, Newby's Body Balance offers you a simple reset from the daily grind.

## Yoga Relax

The Yoga Relax blend is a wonderful companion for when stillness is needed. With invigorating notes of lemongrass and the healing powers of tulsi, Yoga Relax offers a light, calming experience that aligns the mind and body.

Visit <https://www.newbyteas.com/ae/products/collections/wellness-collection.html> to find out more.



## NEW VALENTINE'S MENU AT ART LOUNGE, ABU DHABI

Set under the starry night sky, Art Lounge at the Louvre, Abu Dhabi is a magical rooftop terrace offering spectacular views, elegant bites and fun, upbeat vibes this Valentine's day. Widely considered one of the best sunset lounges in the city, this hidden gem has curated a limited-edition menu especially for the occasion.

You and your sweetheart are invited to relax in each other's company over a magnificent seafood platter. Encompassing premium quality seafood, such as locally sourced Dibba Bay oysters with apple sorbet, king crab legs, Omani prawns, salmon gravlax, yellowtail tuna tartare and mussels marinière, the majestic platter is not to be missed! It wouldn't be Valentine's Day without a sweet finish and Art Lounge promises a bespoke, handcrafted specialty dessert, just the right size for sharing.

Finally, every couple is invited to add a love letter to the illuminated tree in the middle of the rooftop, as a cute, symbolic way to commemorate your evening of romance!



The Valentine's Day dinner at Art Lounge is priced at AED 399 per couple, inclusive of a sharing style seafood platter and Valentine's dessert for two, alongside a glass of rosé each if they wish.

Art Lounge's stylish outdoor terrace is available for bookings, offering couples the perfect place to unwind and enjoy a light meal together watching the sunset.

**To book your table, call 02 205 4225 or email [contact-artlounge@groupebarriere.com](mailto:contact-artlounge@groupebarriere.com).**

## LOVE-LY SNACKS WITH BUMBLEBEE FOOD



Make your toddler's heart sing this Valentine's day with some special new treats from the wholesome health brand Bumblebee Food. Jam packed full of cuteness, flavour, nutrition and love, these snacks make an ideal gift to your little one this month.

Striking a great balance between sweet and savoury, their oat cookies come in fun animal shapes, whilst their lip-smacking berry rolls taste just like jelly treats but are made with 100% natural ingredients. The crispy veggie breadsticks and crumbly cheese crackers

are equally as good! As ever, all Bumblebee items are free from salt, sugar, preservatives and other nasties - the perfect choice for a healthy, yummy Valentine's day with your little one!

**You can visit [www.bumblebeefood.com](http://www.bumblebeefood.com) to order yours, with delivery in 2-3 days.**

## ROMANTIC AFTERNOON TEA AT SOCIALBEE

Enjoy a delightful afternoon tea experience with your beau or bestie at SocialBee, at Hilton Dubai Palm Jumeirah. Taking place between February 7th and 14th, this quaint outing is priced at AED 349 or AED 450. A delicious selection of loose-leaf teas and coffees pair perfectly with a tasty menu of sweet and savoury treats, created by head pastry chef Harshada Badade. From heart-shaped pastries to artisanal sandwiches, each bite is a celebration of love. Add a bottle of sparkling grape and you've got the most perfect romantic afternoon tea for two - because, sometimes nothing says 'I love you' quite like a celebratory slice of cake!

**To book, email [restaurant.palm@hilton.com](mailto:restaurant.palm@hilton.com) or call +971 04 230 0067.**





# LOVE IS IN THE AIR AT ATELIER M



Do your Valentine's plans involve a truly gorgeous dinner for two?! With a dreamy mix of romance and delicious food, a dose of ambience paired with stunning vistas, Atelier M invites you and your sweetheart to indulge yourselves this February 14th!

Perfect for the food lover in your life, kick back from 6pm and enjoy a sky-high, three course Mediterranean supper, priced at AED 599 per couple. This exclusive package includes a romantic dinner and a bottle of prosecco to share if you wish. The intimate setting of Atelier M has breath-taking views of the Marina and Dubai's famous skyline. Located at Pier 7, Dubai Marina, the set menu will include star dishes such as scallops and caviar, and 54-Hour short rib for starters; black truffle risoni and seared, matured Wagyu beef for the main course and a sweet ending with desserts such as chocolate love bloom and spicy valentine. No matter the choice, you and your love are promised an extravagant epicurean experience at Atelier M. Add to that the beauty of the views and this could very well be the perfect choice for your romantic evening.

**Call +971 4 450 7766 or email [info@atelierm.ae](mailto:info@atelierm.ae) for reservations.**

## A COUPLES SPA DAY AWAITS!



Pamper your loved one this Valentine's Day with a romantic escape to Eforea spa at Hilton Dubai Palm Jumeirah. Here, you can both enjoy sophisticated treatments

and signature facials, with specially designed packages for couples offering a rejuvenating day of relaxation together. Throughout February, experience the indulgence of the Hammam Journey, priced at AED 1,850 for 80 minutes. It begins with a foot cleanse and an authentic black soap wash, followed by a kessa scrub and a rhassoul clay hair cleanse. The journey culminates in a stress-relieving Les Sens de Marrakech argan oil back, neck and shoulder massage - heavenly! Alternatively, you can indulge in Eforea's Signature Spa Two-Gether package, priced at just AED 1,100 for 60 minutes or AED 1,200, including a couples steam room session, a soothing body massage with warm oil and a delightful ending with beverages and fruit platters.

**For more information, visit [www.palmjumeirah.hilton.com](http://www.palmjumeirah.hilton.com) and for bookings, call +971 4 230 0090.**

## THE ULTIMATE GIRLS NIGHT IN



Studio One Hotel knows the way to a girl's heart - and it's not always a romantic dinner! Ladies are invited to the 'Ultimate Girls Night In' at Studio One's private cinema. You

and your closest girlfriend will get to choose your favourite chick-flick and slip into a cosy Rocky Robe, while sharing a large pizza and a bottle of fizz together. Plus, Studio One will also provide the obligatory popcorn and an exclusive goody bag to dig into. The perfect way to celebrate the love between best friends!

**Location:** The Screening Room, Studio One Hotel

**Dates:** Tuesday 13th and 14th February

**Timings:** Provided on request

**Price:** AED 299 for two people

**Visit <https://studioonehotel.com/> to find out more.**



Whether you're seeking to pamper yourself or simply look your best come February 14th, here are my beauty and style picks!

## NAIL YOUR LOOK WITH WE NAILS



Get your tips Valentine's Day ready with We Nails! Offering 20 percent off any nail art from February 12th to 14th, the award-winning salon, located at Trident Grand Residence, Jumeirah Beach Residence, is helping ladies look and feel their best during the month of love. Be it hearts, swirls or kisses, We Nails has got you covered!

To book, call +971 50 507 7501 or send a message to @wenailsdubai on Instagram.

## FASHION-FORWARD BEACHWEAR



If you are planning a romantic date by the beach or a brunch to celebrate your love, homegrown fashion brand, Just Nature has the perfect outfits to set the mood. With chic beachwear options for every occasion,

this Boris Doubled set for men and Giselle dress is flattering, comfortable, and best of all, it's fully sustainable!

Shop at Debenhams or online at [justnature.com](http://justnature.com).

## EYE-CATCHING GLAMOUR FROM REVOLUTION



There's nothing quite like beautiful makeup to put a spring in your step! This Valentine's Day, feel confident and beautiful with the Forever Flawless Eyeshadow Palette from

Revolution (AED 99). With a plethora of romantic hues included in matte, shimmer and pressed glitter powder, this is a perfect Valentine's gift to yourself and a great way to feel your best this February 14th!

Available to purchase in-store and online at [watsons.ae](http://watsons.ae).

## TURN UP THE VOLUME WITH OSERTH



This Valentine's Day is all about love, and what better way to start the day than by loving yourself?!

If you're planning a date for the big day of romance, you'll want to make sure your hair is looking as luscious as possible! So, give your tresses the luxury treatment with the Oserth Volume range. Formulated to add instant body, volume and shine, this shampoo, priced at AED 100, will leave your locks lifted and revitalised, perfect for an evening of celebrating, whether it's with a friend, a significant someone or simply yourself!

Shop the range online at [www.oserth.com](http://www.oserth.com).

## A TOUCH OF CLASS WITH CHANTELLE



If your plans this month involve chilling out at home in style, consider this plush, gorgeous kimono from French lingerie brand, Chantelle. The Orchids Kimono In

Passion Red is subtly and delicately crafted for a feminine and empowering look which, in my opinion, makes the perfect gift to yourself for any loungewear-loving lady. Priced at AED 450, the mid-length kimono is flattering on everyone and is made with a super soft satin that gives a luxury feel and look. Decorated with a floral lace inlay at the end of the sleeves, it really is a stunning piece!

Shop this kimono at Chantelle Boutique at Dubai Hills Mall, Galeries Lafayette and Debenhams or online on [Namshi.com](http://Namshi.com).

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A photograph of two children, a boy and a girl, wearing puffer jackets. The boy on the left is wearing a teal jacket and has braces. The girl on the right is wearing a purple jacket and is leaning her head against the boy's shoulder. They are both smiling at the camera.

**OVS**  
kids

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**WWW.THEFASHIONNET.AE**



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