

ISSUE 153 | MARCH 2024 | DHS15

Mother Baby & Child

SELF-CARE FOR
NEW MOTHERS

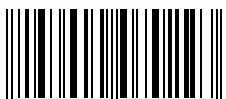
TYPES OF BULLYING
TO KNOW ABOUT

PARENTING
THROUGH RAMADAN

BUILDING
STRONG BONES

EDITOR'S
IFTAR PICKS

**THE
RAMADAN
ISSUE!**



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EDITOR'S LETTER

Hello Mum!

Ramadan Kareem to you and your family, and welcome to the March issue of Mother, Baby and Child! You'll find in-depth recommendations for wonderful Iftars between pages 10 and 15, from a fire-themed feast set against a backdrop of ancient olive trees, to delicious Mediterranean cuisine under the 'stars'. On page 9, we highlight a ladies pampering extravaganza, perfect for Mother's Day, an exciting kids' cooking class and a self-development workshop!



Ramadan is a time for reflection and self care, so you'll find plenty of articles that have this thread running through them in this issue. These include a piece on page 22, that dives into the importance of looking after yourself as a new mother, whilst trying to manage all that comes with postpartum recovery and responsibilities. Women in this situation often lack time for themselves, so I hope the tips discussed will help any new mums who are currently struggling with this. In terms of self-reflection, I've carried an article on page 32 that explores parenting during Ramadan, especially in regard to the household's physical wellbeing, spiritual growth and sense of togetherness. The piece looks at how to impart the lifelong lessons of compassion, gratitude and self-discipline to children, enriching both their spiritual journey and your family's relationships.

On a lighter note, I've included some of my favourite beauty picks this month, perfect for Mother's Day gifting or simply as a treat to yourself - you'll find these over on page 48. They include BB creams, vegan lipsticks and pressed blushes, as well as the shower and bath products that give you deeper sleep and better energy. The fragrant nature of these gorgeous lotions, bath bombs and soaps indulges one of our senses that is often neglected, but has a very powerful effect on calm, serenity and wellbeing - all of which mums welcome!

I've featured a number of amazing places to visit as a family. Whether you're looking for a Greek sanctuary (page 42), or a retreat during Ramadan right here in the UAE (page 41), you'll find plenty of inspiration for your next holiday together!

Elsewhere, we discuss ways to ensure children build strong bones (page 20), the essential role of iron in your little one's diet (page 18), the benefits of educating kids through outdoor play (page 38) and the five types of bullying that parents should know about (page 30).

As usual, I won't spill all the beans here, but rather, I'll leave you to discover this issue for yourself!

Ramadan Mubarak and best wishes to you, as always.

Ella

Editor

Mother, Baby & Child Magazine

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Editor's — PICK —

HAIR REMOVAL AT HOME WITH BRAUN SILK EXPERT-PRO 5 IPL

All you ladies know how it feels to deal with unwanted hair! You have a number of options, with a popular one involving expensive salon treatments. And who has the time for all those appointments?! Well, I have the perfect solution for you...

The Braun Silk-Expert Pro 5 IPL is the safest, fastest and most efficient IPL for permanent hair reduction in just 4 weeks. And the best part is that you can use it at home, knowing it has lots of in-built safety features. For example, because your skin tone varies across your body, the device's sensor continuously reads your skin tone and adapts the flash intensity for the safest and most effective hair removal. The 10 intensity levels ensure the light intensity is right for your skin tone. Clinically tested by experts, treatments are gentle and virtually painless.

Your lower legs can be treated in under 5 minutes since you can continuously glide the Braun IPL device across your skin, completing 125 flashes per minute and achieving visible results in just three weeks. Smooth as silk!

Depending on the retailer, the prices can vary between AED 1,600-1900 - still less than getting the same results from repeated salon visits!





The New Bio-Oil® Skincare Oil (Natural) 100% Natural.

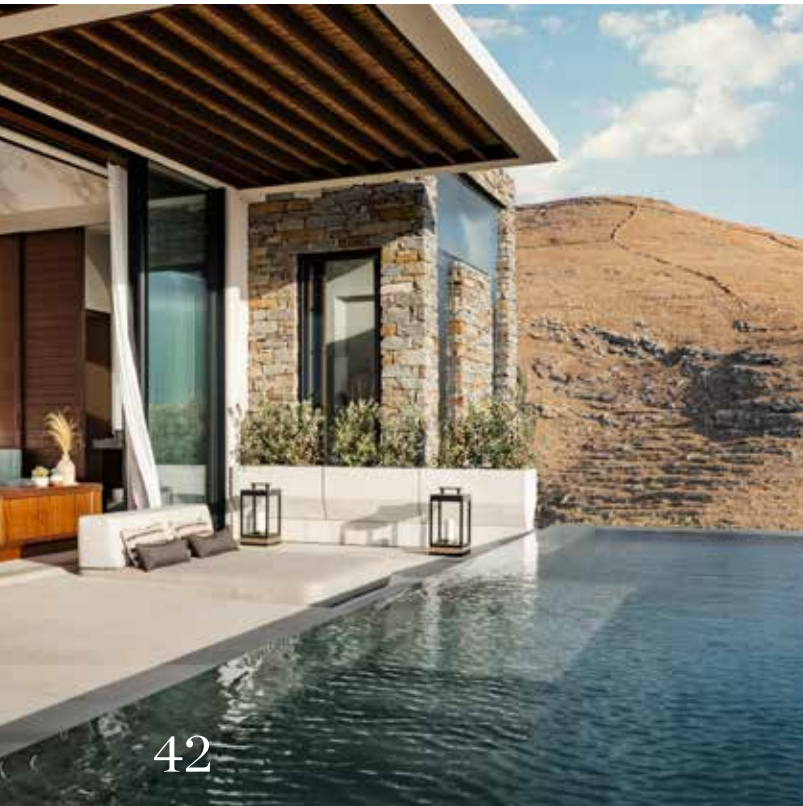


New Bio-Oil® Skincare Oil (Natural) is made entirely from natural ingredients. By harnessing the power of science and nature, Skincare Oil (Natural) matches the efficacy of the original Skincare Oil - the world's leading scar and stretch mark product.

Bio-Oil® Skincare Oil (Natural) is formulated to help improve the appearance of scars, stretch marks and uneven skin tone. For comprehensive product information, please visit bio-oil.com. Bio-Oil® is available at all leading pharmacies in the UAE.

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EMBRACE THE SPIRIT OF GIVING AND SHARING WITH KIBSONS

As the blessed month of Ramadan draws upon us, Kibsons are thrilled to introduce their share-worthy Ramadan offerings. At the heart of these lies the 'share a meal' Iftar boxes. From just 7.20 AED, the boxes that are designed to be passed on and shared, and include everything needed for those breaking fast - dates, fruit, laban, water and chicken Biryani. The act of sharing a meal is not just a culinary ritual during Ramadan, it's an expression of gratitude and generosity.

As families, friends and communities come together for Iftar, Kibsons is also a one-stop 'e-shop' for all your Ramadan needs. With a plethora of dates, halal meats, themed tableware, delicious half-moon sweet delights, and lots more, there is something here for everyone!

For more information, visit www.kibsons.com or call +971 800 5427667.



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THINGS TO DO



The best Iftars this Ramadan; breakfast with all the family; a ladies pampering day out and more!

We highlight the incredible Iftars on offer during Ramadan, as well as a selection of our favourite things to do this month!



‘GET TOGETHER’ SPA DAY AT EFOREA

This March, treat yourself and your friends to a day of pampering at Eforea spa at Hilton Dubai Palm Jumeirah with specially curated packages for groups of 3-5 ladies. Opt for the first package, which includes a rejuvenating hammam session and a choice of a blissful 60-minute massage or a beautifying 60-minute facial of your choice, all for AED 700 per person. Alternatively, experience a 60-minute ‘Moisture & Miracle’ facial paired with an additional 30-minute massage, for just AED 560 per person. These sessions are available all month long and will grant guests full access to the spa facilities.

Visit www.hilton.com/en/hotels/dxbpji-hilton-dubai-palm-jumeirah/spa/ for more details.

FAMILY-FRIENDLY SATURDAY BREAKFAST!

Sfumato, a picturesque restaurant located in ME Dubai Hotel, has just unveiled its tantalising new Saturday breakfast from 9am to 3pm, ideal for both the early birds and those who enjoy a mid-morning feast. You can expect an immersive morning filled with lively entertainment, a family friendly ambience and the addition of a kids' cooking class for the little ones to enjoy as parents eat a leisurely meal (AED 75 per child). Breakfast can be selected from a delicious breakfast buffet or from the tasty dishes of the à la carte menu.

Visit <http://sfumatodxb.com> or call +971 58 101 5649 for more details.



WORKSHOPS AT THE HUNDRED WELLNESS CENTRE

During March, holistic psychologist Devika Mankani will be leading engaging workshops designed for self-improvement at The Hundred Wellness Centre. Each session promises to be an unforgettable experience, full of joy and growth. Priced at AED 325 per person or AED 600 per couple, the '7 Principles For Making Marriage Workshop' is happening on March 16th and is ideal for anyone wanting to create and strengthen their relationship. It is purely educational - you are not required to share any personal difficulties. It's about learning new tools and feeling empowered!

For more information or to sign up for workshops visit <https://thehundred.ae>

LADIES PAMPERING EXTRAVAGANZA



Coya Spa & Salon's exclusive 'Ladies Day Out' package will leave you feeling pampered and revitalised from head to toe. Begin your journey with a soothing and aromatic Moroccan bath, designed to cleanse and rejuvenate your skin. Then, drift off into a state of bliss with a relaxing 45-minute massage. Afterwards, renew your complexion with an express facial tailored to your skin's unique needs, and revitalise your hair with a nourishing treatment and blow-dry that promises to give you luscious locks. Complete your day of pampering with a luxurious manicure and pedicure experience, leaving your hands and feet looking gorgeous. Priced at AED 950, this serene relaxation journey is perfect for a solo spa experience, a fun day out with your best friends or a lovely mother-daughter bonding trip. It can be availed of all in one day for the ultimate spa-cation or spread over the course of four weeks.

Visit www.coyaspa.com for more information or call +971 4 6015555.

BEST IFTAR PICKS

Everyone loves a delicious Iftar experience! We'll look no further because here is our selection of the best Iftars happening during the Holy Month.

RAMADAN EXPERIENCES AT KEMPINSKI MALL OF THE EMIRATES



Kempinski Mall of the Emirates proudly unveils its curated Ramadan menu, promising an array of exceptional dining experiences at Olea and an exclusive private chef service at the Aspen Chalets. With various Iftar options crafted to embody the essence of Ramadan, Kempinski Mall of the Emirates reflects the spirit of togetherness and connection during this special time with loved ones.

OLEA

At Olea, the menu boasts a sumptuous selection of hot and cold mezze, grilled meats, live cooking stations and decadent Arabic desserts, all complemented by the enchanting melodies of live Oud music - ideal! Guests are particularly invited to indulge in the magical experience of Olea's Suhoor this Ramadan. The restaurant has created a bespoke à la carte menu that celebrates the best of Arabic cuisine, offering a curated range of dishes to explore. The charming ambience of the restaurant, combined with the best Middle Eastern dishes and impeccable service, creates the perfect atmosphere to enjoy a memorable Suhoor experience with family and friends.

Iftar: From Sunset to 9pm; Oud music from 7:15pm - 9pm

Prices: AED 250 per person, excluding shisha

Suhoor: From 10pm to 2am

Price: À la carte Menu

ASPEN CHALET

For those seeking an intimate setting, the unique Aspen Chalet experience offers a one-of-a-kind Iftar. With a dedicated private chef, your family can enjoy the privacy and exclusivity that this personalised service provides. Step into the luxurious ambience of the chalets, surrounded by snow and crackling fires for an evening of luxury that is second to none. Whether dining with family, friends or colleagues, Aspen Chalet could be the perfect Iftar destination for this Ramadan season.

Timing: Every day during Ramadan, from sunset - 9pm

Price: AED 575 per person, minimum 8 guests for bookings.

KONFERENCE

Kempinski Hotel Mall of the Emirates also caters to large-scale private Iftars for families and friends at Konference. The uniquely designed rooms provide the perfect backdrop for an unforgettable Ramadan. A great choice to organise bigger family, friends and corporate Iftars!

For more information or to make a reservation,
call +04 341 0000 or email dining.moe@kempinski.com.



A DELECTABLE RAMADAN FEAST AT FOUQUET'S DUBAI

Popular French brasserie, Fouquet's Dubai, is warmly welcoming guests throughout Ramadan. Offering an exceptional culinary experience with its exclusive Ramadan offer, the set menu promises a gastronomic adventure, commencing with an assortment of dried fruits and nuts, complemented by laban and apricot juice. The journey continues with a soul-warming lentil soup featuring cumin and garlic croutons with crispy leeks.

For starters, indulge in the exquisite flavours of crispy Omani prawns, chickpea puree and Zaatar salad. The journey unfolds with beetroot hummus, feta cheese, guacamole and falafel, in a delightful fusion of flavours.

Enjoy a main course of slow-cooked lamb leg with Ras el Hanout, vegetable saloona and Oriental rice. The culinary experience finishes with desserts that include a fresh fruit plate and rose rice pudding with saffron ice cream and dried fruits.

Price: AED 275 per person

Deliveroo: AED 160

Opening Hours: 8am - 2am

To book, call +04 524 5301.

ARABIC AND PAKISTANI IFTAR AT BBQ DELIGHTS



For an impressive Iftar experience at great family prices, indulge in a lavish Iftar buffet at Barbecue Delights, a popular Pakistani restaurant, with branches in JBR, IBN Battuta Mall and Motor City.

The beautiful Iftar buffet is priced at AED 89 in the JBR restaurant (AED 45 for kids aged 5-10); AED 79 at the IBN Battuta branch (AED 40 for kids aged 5-10); and just AED 69 at the Motor City outlet (AED 35 for kids aged 5-10).

With over fifty mouth-watering dishes offering the best of Pakistani, Afghani and North Indian cuisines at unbeatable prices, Barbecue Delights Iftar and dinner buffet is a must try this Holy Month of Ramadan. You'll find a wide variety of traditional Iftar dishes, salads, starters, fried items, live BBQ grills, rice dishes, curries and delectable traditional desserts.

In addition, Barbecue Delights is offering a 25% discount on its buffet after 8:30pm and an additional early bird discount on group bookings for the first five weekdays of Ramadan.

Timing: Sunset - 8.30pm

For Bookings: JBR 058 623 6116; Motor City 052 674 2575; Ibn Battuta Mall 04 566 8479

PLANT-BASED IFTAR SHARING MENU AT SEVA TABLE



SEVA Table invites you to experience Iftar this Holy Month through mindful nourishment and spiritual renewal, with its specially designed plant-based Iftar sharing menu. Nestled in the heart of Jumeirah, SEVA Table offers a retreat to break fast within a soothing environment, embraced by nature.

Begin your Iftar with sweet dates and a selection of premium olives marinated in a mix of aromatic herbs and spices. This is served with a refreshing drink infused with rosewater, pomegranate and sparkling water. Next comes a nourishing bowl of creamy soup simmered in homemade seaweed vegetable broth, accompanied by roasted capsicum and roasted eggplant dips and a crisp 'Nature Intended Salad' with coriander and raisin dressing.

Delight in a hearty main course of 'Kofta Tahini' with koftas crafted from mushrooms, tofu and chickpea flour, served on a tahini sauce, with fragrant saffron brown rice. Kunafa, with a unique plant-based twist gives you the perfect end to a delightful meal.

This menu is available throughout Ramadan, from sunset to 8:30pm. Book a day in advance to enjoy this Iftar special for AED 129 per person for a group of 5 or more.

For bookings, call +971 56 534 2899.

GREEN RAMADAN' AT AL-WĀHA, CONRAD DUBAI



Conrad Dubai invites you to embark on an enchanting Ramadan experience at Al-Wāha, a magnificent oasis, filled with the melodious tunes of the Qanun player, and illuminated with festoon lights and lanterns. Offering both Iftar and Suhoor dining experiences, Al-Wāha by Conrad Dubai features a diverse menu of the finest cuisine from the Middle East, India and North Africa, including healthy plant-based options.

Green Ramadan

Conrad Dubai is proudly partnering with UNEP West Asia and Winnow to amplify efforts in reducing food waste this Holy Month. Last year, the Green Ramadan initiative achieved a remarkable 61% reduction in food waste, preventing almost 4.8 tonnes of waste and over 14 tonnes of CO2 emissions, while serving over 8,600 meals. The ingredients are locally sourced, in-season and sustainably grown. Additionally, this encourages plant-based innovation and reduces the consumption of meat.

Al-Wāha by Conrad Dubai opens for Iftar from sunset until 9pm and Suhoor from 9pm until 1am.

- **Iftar:** AED 260 per person including Ramadan juices, tea and coffee
- **Suhoor:** AED 200 per person for a set menu, including tea and coffee

For reservations, call +04 444 7444 or email fb.dubai@conradhotels.com.

IFTAR 'UNDER THE STARS' AT ZENON DUBAI



Located at Kempinski Central Avenue Hotel, Zenon, Dubai's premier AI-driven restaurant, unveils an extraordinary 'Under the Stars' Iftar extravaganza. Your family will be mesmerised by Zenon's celestial and star-themed artwork that lights up the high-definition screens, transforming the indoor dining space into an illuminated night sky. You can also enjoy dining outdoors on the open-air terrace. The stellar food menu presents the rich flavours of Mediterranean cuisine, infused with Asian elements, promising a feast for the senses.

The highlights of the menu include a selection of dates, olives and butter, followed by your choice of lentil soup or miso soup with fermented beans, seaweed, and tofu for starters. Delight in a variety of meze options, including hummus, baba ganoush and tzatziki, or savour the freshness of tomato salad with stracciatella, pine nuts and basil. For the main course, choose between

classic kibbeh bulgur and mince beef kofta, or indulge in the flavours of burnt eggplant with soy miso glaze, feta mousse and confit tomato. Opt for the poached Mediterranean sea bass fillet or savour the rich flavours of 'Begendi' served with milk fed lamb stew and potatoes. End the meal on a sweet note with a selection of pastries including baklava, kunefe and kadaifi, offering a perfect blend of tradition and innovation.

Enjoy the picturesque ambience of an outdoor dining area overlooking the majestic fountain wall of the Address Dubai Mall, a scene straight out of a fairytale.

Times: Daily throughout Ramadan, from sunset to 9pm.

Price: AED 295 per person

To make a booking, call +04 837 7222 or online at <https://zenonrestaurant.com>.

RAMADAN BLISS AT THE BEACH, JBR



The Beach, JBR captures the essence of this sacred month with a blend of activities and exclusive experiences.

Dining offers

To make your culinary journey seamless, The Beach, JBR, has a convenient foodie guide, readily downloadable from the website to help you easily navigate through a variety of dining options.

Fireworks

Experience the magic of fireworks at The Beach, JBR as they light up the night sky every Friday, Saturday and Sunday until 10pm, from the 15th to the 31st of March.

The Artisan Market @ The Beach, JBR

Explore an array of handcrafted goods at The Beach, JBR, from March 25th. The Artisan Market @ The Beach, JBR, will showcase a diverse range of merchandise from small businesses and designers, including beachwear, accessories, gifts, jewellery, home decor and vintage items.

For details on offers, visit www.thebeach.ae.

GREEK CUISINE FOR IFTAR AT AMMOS

You'll find the Ammos Greek restaurant at Rixos Premium Dubai, JBR, and this Ramadan sees their special Iftar menu bringing a contemporary flair to favourite Greek dishes. The Aegean themed Iftar takes place Saturday to Thursday, from sunset until 8pm, with prices set at just AED 195 for adults and AED 95 for children under 12.

You can break your fast with premium dates and the soup of the day, following a free-flow menu concept, including classic starters such as tzatziki and grilled zucchini, melitzanosalata salata, kalamaraki and Greek salad - all complemented by stunning views of the JBR coastline.

For the main course, choose from a variety of grilled dishes from the Jospir Grill Mix Platter. This includes succulent lamb chops, chicken souvlaki served with hand-cut fries and pita bread, flavoursome beef soutzoukakia, fresh salmon souvlaki and juicy grilled tomatoes. Alongside these mains, you can also delight in a selection of sides, including chargrilled vegetables and pan-roasted potatoes. To end on a sweet note, the chef will present a selection of Mediterranean desserts for guests to share.

Secure a place for family Iftar and experience a blend of tradition and culinary Greek and Aegean masterpieces at Ammos.

For reservations, email info@ammosgreek.com or call +971 52 777 9473.



JAPANESE-PERUVIAN FUSION IFTAR AT AMELIA DUBAI



Located in the heart of Downtown Dubai at Address Sky View, experience the magic of Ramadan with an exceptional Iftar offering from Amelia Dubai. The Iftar set menu promises an exquisite fusion of Japanese-Peruvian cuisine with Mediterranean accents, offering a diverse array of flavours and cultural influences. Immerse yourself in Amelia's ambience of elegance and sophistication, as you dine amidst the striking Art Deco design. Priced at AED 295 per person, this menu runs from sunset to 9pm throughout Ramadan.

Begin your culinary adventure with enticing aperitivos including dates, corn soup infused with chulpe, ginger and coriander, and the delectable guacamole accompanied by aji amarillo, yuzu kosho and plantain chips.

For the main course, savour the succulent 'Pollo Asado' featuring corn-fed baby chicken with karashi and aji limo, or indulge in the decadent 'Machu Picchu', showcasing grain-fed Australian Wagyu MB5 tenderloin. Not to be missed are the mouth-watering lamb chops served with Teppanyaki vegetables, offering a symphony of exciting flavours. The heavenly desserts feature the 'Passion Yuzu Cheesecake', a delicate fusion of flavours that give a refreshing citrus finish to help cleanse your palate, or the 'Pelota de Chocolate', a decadent delight that will satisfy every sweet tooth.

Call +04 328 2805 to make a booking.

IFTAR AT HOME WITH DAVE'S HOT CHICKEN



For the Iftar nights when you prefer to have a casual meal at home, Dave's Hot Chicken promises a burst of flavour this Ramadan. With outlets in Dubai Mall, First Avenue Mall and JBR, the signature Nashville-style hot chicken 'Hot Box' is perfect for sharing with friends and family.

The Hot Box gives you the choice of 10 jumbo-size sliders or 10 generously-sized tenders, and features seven distinct spice levels, from 'no spice' to the fiery 'reaper' level, made from the world's hottest pepper.

Whether enjoying the lively ambience of Dave's citywide locations or opting to eat in the comfort of your own home, the Hot Box is ready to please at Ramadan gatherings. Dave's Hot Chicken is available for dine-in, takeaway or delivery.

FIRE-THEMED IFTAR AT FIYA, KETURAH RESERVE



The brainchild of celebrated Arab pitmaster Hattem Mattar, and set amongst 1,000 year old olive trees, FIYA at Keturah Reserve provides a memorable night of its renowned live fire cuisine for Iftar. The menu at FIYA is centred around the element of fire, giving each bite a distinctive smoky flavour and culinary artistry - a true feast for the senses. From starters to desserts, the menu pays homage to recipes and flavours from the Middle East and South America.

You'll be offered dates, soup and welcome drinks to break your fast, followed by Iftar starters that include an array of dishes such

as the 'Faro Fattoush', FIYA's take on the traditional Fattoush salad, handmade freshly baked 'Veggie Feteer', the smoky yet delectable 'Char Wood Oven Cauliflower', drizzled with FIYA's tomato and chipotle salsa, tahini mayonnaise, paprika and herb oil, and sprinkled with roasted pistachio and almond flakes, as well as the 'Lamb Asador', a succulent dish cooked over an open fire for eight hours, pulled and tossed with seven spices, roasted garlic labneh, gremolata and Arabic bread.

For the main event, families can enjoy the special meat of the day, rubbed in the chef's special spice and cooked slowly on a low heat, allowing the meat to become perfectly tender. You'll also be served the low and slow grilled chicken, along with mandi rice and side sauces, including yoghurt with charred cucumber, spiced tomato and spicy green sauce. Those wanting to elevate the experience can request the famous Hattem smoked brisket, which will come at an additional charge.

Be sure to keep room for the exotic Muhallabia, featuring a Brazilian twist of pineapple, mango, passion fruit and lime, as well as the smoky Umm Ali, FIYA's tasty take on the traditional Egyptian delight.

When: From sunset until 8pm from 10th March to 10th April

Price: AED 215 per person

Book in advance via www.resto.guru/fiya/book, email hello@fiyadxb.ae or phone +971 52 306 6729.

WELLBEING



Strengthening children's bones; caring for yourself as a new mother and more!





THE ESSENTIAL ROLE OF IRON

Iron is a vital mineral that plays an enormous role in the growth, development and overall energy and health of children.

Making sure children are getting all the vitamins, minerals and nutrients they need to flourish can be a full-time job! In this article, we focus on iron, a key nutrient that has significant consequences on our wellbeing. Let's delve into why iron is such a vital component in the development, energy and vitality of little ones.

UNDERSTANDING IRON'S IMPORTANCE

Iron isn't just another mineral; it's a superhero in the world of nutrition for children. Here are some of the reasons why:

Oxygen transport

Iron is a component of haemoglobin, the protein in red blood cells that carries oxygen from the lungs to the rest of the body. In other words, iron helps oxygen travel from the lungs to every corner of your child's body. Adequate iron intake ensures that children have enough haemoglobin to do this properly so their energy levels soar and their overall health is strong.

Brain development

Iron isn't just about muscles; it's also a brain booster! It aids in creating neurotransmitters and enzymes that are like little messengers for cognitive processes, learning and memory.

Immune function

Iron fortifies your child's immune system, keeping them hale and hearty! It supports the production and function of immune cells, helping kids fight off infections and illnesses.

Energy metabolism

Think of iron as the spark plug for your child's energy levels. It helps convert food into fuel, powering their growth, development and appetite for physical activities.

Preventing anaemia

Iron deficiency, or anaemia, is like a villain lurking in the shadows. It's a condition characterised by low levels of haemoglobin in the blood and the symptoms can be all too easy to chalk up to other reasons. It can cause fatigue, weakness, pale skin and even impair cognitive function in children. Adequate iron intake is the best route to protect your little ones from anaemia!

BABIES (0-1 YEARS OLD)

For infants who are exclusively breastfed, iron-fortified infant cereals or iron supplements may be recommended, as the iron stores obtained from birth are depleted by around six months of age. Make sure to consult your doctor before starting any supplementation.

TODDLERS (1-3 YEARS OLD)

During the toddler years, rapid growth and brain development place increased demands on a child's nutritional intake, including iron. An essential part of a balanced diet, inadequate iron intake during this critical period can lead to developmental delays, cognitive impairment and increased susceptibility to infections.

Effects of deficiency in toddlers:

- Fatigue and irritability
- Delayed cognitive development
- Decreased appetite
- Increased risk of infections
- Impaired motor skills

Good sources of iron for toddlers:

- Lean fish and poultry
- Iron-fortified cereals
- Beans and lentils



- Dark green leafy vegetables like spinach and kale
- Fortified bread and pasta
- Dried fruits such as apricots and raisins

Incorporating these iron-rich foods into toddler-friendly meals can make a huge difference to your little one's iron intake, helping them to blossom into a healthy, sturdy child.

EARLY CHILDHOOD (4-8 YEARS OLD)

As toddlers transition into early childhood, iron continues to be their steadfast companion. Their needs remain high to support gaining height and weight, as well as neurological growth. At this stage, establishing healthy eating habits with iron-rich options is the focus, so little ones have the energy to conquer the world, one playground at a time.

Effects of deficiency in early childhood:

- Reduced attention span and poor concentration
- Decreased academic performance
- Weakened immune system
- Pale skin and fatigue
- Delayed physical growth

Good sources of iron for early childhood:

- Lean meats and poultry

- Fish and seafood
- Iron-fortified breakfast cereals
- Beans, lentils and chickpeas
- Nuts and seeds
- An expanded variety of fortified grains

Encouraging children to explore a variety of foods, and incorporating iron-rich options into their meals and snacks can help prevent deficiencies, and keep their growing body nourished and well!

MIDDLE CHILDHOOD (9-13 YEARS OLD)

During middle childhood, children should experience a period of steady growth and increased activity. Usually at this point, they will take up sports, have a longer school day and grapple with a bigger mental workload. In the midst of growth spurts and increased activities, iron becomes kids' secret weapon for vitality and is even more necessary in this phase of discovery and changing physical demands.

Effects of deficiency in middle childhood:

- Delayed puberty
- Impaired athletic performance
- Tiredness and weakness
- Difficulty concentrating and learning
- A compromised immune system

Good sources of iron for middle childhood:

- Red meat such as beef and lamb
- Poultry like chicken and turkey
- Fish and shellfish
- Fortified breakfast cereals
- Dark green leafy vegetables
- All legumes including beans, lentils and peas

Encouraging your children to actively participate in meal planning and preparation tends to foster a positive attitude towards healthy eating and, with a little bit of education about the importance of iron, you may also be able to encourage them to snack on a variety of iron-rich foods of their own accord.

ADOLESCENCE (14-16 YEARS OLD)

As children enter adolescence, rapid growth spurts and hormonal changes make their nutritional intake especially significant, and this includes iron. As at every stage, the overall wellbeing of your teen will be hugely enhanced by iron, supporting their bodies and brains as they embark on the journey towards adulthood.

Effects of deficiency in teens:

- Fatigue and lethargy
- Poor academic performance
- Mood swings and irritability
- Delayed growth and development
- Increased risk of anaemia

Good sources of iron for teens:

- Lean red meat
- Poultry and seafood
- Iron-fortified cereals and grains
- Beans, lentils, and tofu
- Nuts and seeds
- Dark chocolate and dried fruits

Encouraging adolescents to make nutritious food choices and emphasising the importance of a balanced diet can help set them up to meet their iron needs during this incredibly taxing stage of physical and mental development.



FAMILY MEALS: WHAT TO CONSIDER

Incorporating iron-rich foods into your family's meals is an excellent way to ensure children of all ages receive the right amount of this vital mineral. Here are some simple tips to keep in mind as you approach your household's shared meals.

Plan for balance

Mealtime can be a grand adventure where iron-rich foods take centre stage, with a little advance planning! The best thing a parent can do to help kids avoid anaemia is to create a meal plan for the week or month that includes a variety of iron-rich foods from different food groups. When in doubt, focus on lean meats, poultry, fish, legumes, whole grains, fruits and vegetables.

Get creative!

It can keep things fresh and fun for everyone if you're willing to experiment with different cooking methods and recipes to make iron-rich foods more appealing to children. Try grilling, roasting, stir-frying or incorporating them into soups, stews and casseroles.

Iron-fortified foods

When doing the grocery shopping, look for iron-fortified cereals, bread, pasta and other grain products for an easy replacement that passively raises your family's iron intake. This is a great method if you have any picky eaters in your home, who may be reluctant to consume other iron-rich foods.

Nutritious snacks

Another simple tactic for keeping iron at the fore of your children's diet is to keep a variety of iron-rich snacks on hand, such as nuts, seeds, dried fruits and whole grain crackers. This way, little ones get enough iron and end up eating healthy snacks at the same time - a win-win!

Iron plays a crucial role in a child's diet, from toddlerhood all the way through the teenage years, forming a cornerstone of a healthy body and mind. Deficiencies in iron can have significant consequences on kids' physical and cognitive health, but by implementing these tips, you should have no problem keeping your little ones hale and hearty!

BUILDING STRONG BONES IN KIDS

Here are some simple yet effective ways for parents to make sure children develop a sturdy skeletal system from an early age.

As parents, we strive to give our children the best start in life. We teach them to eat their vegetables, brush their teeth and get a good night's sleep. But there's one foundational aspect of their health that might not always be on our radar - their bone health.

A SOLID FOUNDATION

It can be easy to overlook the importance of bones, as they do all their work behind the scenes. However, our skeletons form the framework of our bodies, providing structure, support and protection for vital organs. Just like a sturdy house needs a solid foundation, strong bones are essential for your child's growth and development. From running and

jumping, to simply sitting up straight, every movement relies on a healthy skeletal system. Breaks, fractures and general ageing are when this really starts to matter, as those who have developed robustly retain a huge health advantage. We build much of our bone density during childhood and the teenage years, so giving kids the gift of strong bones is by far the best path towards lifelong bone health. So, what can parents do to ensure that children's bones are as strong as can be? Let's dive in!

CALCIUM-RICH FOODS

Calcium is a cornerstone of bone health and helping little ones get an

adequate intake is very important. Dairy products like milk, cheese and yoghurt are well-known sources of calcium, but there are plenty of other options for those who are lactose intolerant or prefer plant-based alternatives. Leafy greens such as kale and spinach, fortified cereals, tofu, almonds, almond butter and sardines are all excellent sources of calcium.

Incorporating these foods into your child's diet doesn't have to be repetitive - in fact it can be fun and creative, even encouraging your little one to expand their tastes! Try making smoothies with yoghurt and fresh fruits, adding cheese to sandwiches and pasta dishes, or creating colourful salads with leafy greens and nuts. By making calcium-rich foods a regular part of your household's meals and snacks, you'll be giving your child's bones the nutrients they need to thrive.





THE SUNSHINE VITAMIN

While calcium is essential for bone formation, vitamin D plays a critical role in helping the body absorb and utilise calcium effectively. The primary source of vitamin D is sunlight, which triggers our skin to make this important vitamin. However, many children don't get enough sunlight exposure due to spending more time indoors than in previous generations, or using very high sunscreen when outdoors. While this is unlikely to be too much of a problem considering the climate of the region, it's still good to consider incorporating foods that provide doses of this super nutrient! Good options include fatty fish like salmon, mackerel or tuna, egg yolks, fortified dairy and non-dairy products, and mushrooms. Some parents rely on supplements to ensure their little ones receive an adequate amount, but this approach is less necessary in a country with such an abundance of sunshine

Giving some thought to creating meals that involve vitamin D should provide your children with more than enough. However, if you want to explore the supplementation route, make sure to consult your doctor first to ensure your little one is actually in need.

MOVE THOSE BONES!

Our muscles improve the more we use them and the same is true for bones. Regular physical activity is not only essential for overall health, but also for building strong bones. Weight-bearing exercises like running, jumping and dancing, or sports such as soccer, basketball and gymnastics help to stimulate bone growth and strengthen existing bone mass. It's good to encourage kids to participate in at least an hour of physical activity each day to keep their bones strong and healthy.

Perhaps you could organise family activities such as homemade obstacle courses, hikes or a game of tag in your outdoor space to make movement fun! Not only is it a great opportunity to bond together, it also encourages a love for being active. Remember, the goal is to make physical activity enjoyable and part of your child's daily routine.

LIMIT SUGAR AND CAFFEINE

While it's important to focus on foods that promote bone health, it's equally wise to be mindful of those that may have a negative impact. Sugary drinks, even sweetened fruit juices, can leach calcium from your child's bones, weakening them over time. Similarly, too much caffeine, found in coffee, tea and some fizzy drinks, can interfere with your little one's calcium absorption.

Encourage your child to opt for water as their main beverage, and reserve sugary drinks and caffeinated beverages for special occasions only. Teaching little ones healthy hydration habits early on sets the stage for long-term bone health.

LEAD BY EXAMPLE

As parents, we have a powerful influence on our children's behaviours and attitudes towards health. By modelling healthy habits ourselves, we can inspire kids to emulate the choices we make. With this in mind, try to share meals together as a family that involve bone-strengthening foods and make physical activities a positive part of your own routine. If you can, try to educate your children about the importance of bone health so they feel aware and empowered to make better decisions about their own lifestyle (or go along with the healthy activities you're encouraging them towards!). By instilling these values early on, you're equipping them with the knowledge and skills they need to take charge of their wellbeing throughout their lives.

Building strong bones in kids is a fundamental aspect of taking care of their physical development. By providing a balanced diet rich in calcium and vitamin D, encouraging kids to move more and fostering healthy habits, you will set your children up for a lifetime of strong bones and optimal health - so they can grow, thrive and reach their full physical potential.



SELF-CARE TIPS FOR NEW MUMS

Once it's spelled out, it's clear to see that there are impossibly high expectations set for new mothers to bounce back, and that is exactly why postpartum self-care is of paramount importance.

It's safe to say that giving birth to a child is extremely challenging. Then, immediately postpartum, there is a completely new person relying on you for the essentials of love, food and shelter. Meanwhile, you are only beginning the long process of recovering from labour. You may feel pressured into getting back on your feet and juggling all of your responsibilities as a mother, a partner and a friend, as well as jumping back into your career without missing a beat.

At times, even self-care can feel like work, so try to focus on building it piece by piece and don't feel guilty if you haven't established the ideal routine right from the get-go. The truth is that ideas of 'perfect' or 'ideal' are impossible to achieve and trying to do so will only really result in disappointment. Simply try your best and incorporate what you can. Above all, make space for yourself to be imperfect as you become accustomed to living with your new arrival!

PILLARS OF SELF-CARE

Self-care is not just limited to treating yourself to a spa day or a delicious brunch out. For new mums, it's often much more fundamental than that. Proper nutrition, sleep, mindfulness and exercise help to build a base from which you can gently get back into the swing of everyday life. While the more extravagant treatments shouldn't be overlooked, getting the basics right will stand to you in the long-term. Here are some tips to set you in the right direction.

Nutrition

Good nutrition is a pillar of health. After giving birth, your body is working hard to repair everything and to help you back on your feet. It's crucial to provide it with healthy meals full of the nutrients, vitamins and minerals that it requires. With that being said, feel free to incorporate a few treats here and there. For most mothers, the cravings they experience during pregnancy disappear after giving birth. However, that doesn't mean you don't deserve a snack here or a dessert there. Trying to eat cleanly the majority of the time will give your body the fuel it needs.

Sleep

Once the newborn arrives, it can feel like you're saying goodbye to a good night's sleep forever. Your baby will almost certainly wake you up in the middle of the night, every night for the first few months at least. Given that this is the case, there are some things you can try, to mitigate against losing out on sleep. For example, give yourself far longer in bed than you would normally need. You'll probably be getting your night's sleep in multiple parts, so giving yourself a ten hour window in which to get seven hours sleep can work quite well. It may take a little getting used to but getting sufficient sleep is crucial to giving yourself (and your new bundle of joy!) whatever is needed.

Mindfulness

Newborns tend not to be quiet beings, and who can blame them? They've just arrived into this new, scary world and are trying to come to terms with it all. Silence is a rare commodity postpartum and it's worth seeking out. Whether it's while your baby is napping or nursing, consider taking a few moments to sit in silence with yourself and to just be. Close your eyes and try to become aware of each part of your body, starting at your feet and moving up towards your head. Feel the pain in your back, the strain in your arms and the lovely, soft cushion beneath you. Gaining this awareness of how you're truly feeling can help you to welcome in some stillness and take the rest that you need.

Socialising

New mothers can easily become isolated socially. It can feel like you haven't had a conversation with an adult in days, if not weeks. Going for dinner with the girls simply isn't as straightforward as it used to be. Finding a way to reconnect with your friends, whether it's by getting a babysitter in or socialising with other ladies who also have newborns, can help to inject some joy and stimulation into your day that may just be too full with changing nappies and feeding time.

Exercise

Exercise may be the last thing on your mind after giving birth and, to a certain extent, rightly so.

In fact, many new mothers experience pelvic issues, including pain or incontinence. To address these, consider seeing a pelvic floor therapist. They will be able to help you to rehabilitate the muscles that may have become strained during pregnancy and childbirth.

Once you are ready, getting out for a daily walk can benefit you in countless ways. The air, the light and the movement can help to alleviate some of the physical and mental stress that you may be experiencing. Ease into exercise and take it very gently.

ASK FOR SUPPORT

Arguably the best thing that you can do after giving birth is to rely on your support network. Don't be afraid to ask others for help when it comes to minding your baby, preparing food, or even just calling over to your home to lend a hand. It has been said that 'It takes a village to raise a child', and there is a lot of truth in it. Lean on your family and friends as an act of self-care, and you may find that everything becomes a little more manageable.



CHOOSING CHILDREN'S TOOTHPASTE

One of the most important steps you can take to protect your child's teeth is to choose the right toothpaste - one that is specially formulated for children.

With so many toothpaste options available on our supermarket shelves, it can be overwhelming to know what the difference is and which is the best one for your little ones. In this article, we provide some tips for choosing the right children's toothpaste.

WHY CAN'T CHILDREN USE ADULT TOOTHPASTE?

Children should not use adult toothpaste primarily because adult toothpaste often contains higher levels of fluoride, which can be harmful to little ones if they ingest it in large quantities.

What is fluoride?

Fluoride is an important ingredient in toothpaste because it helps prevent tooth decay and strengthens tooth enamel. However, young children, especially those under the age of six, are more prone to swallowing toothpaste while brushing their teeth. Gulping excessive amounts of fluoride toothpaste can lead to a condition called fluorosis, which causes white spots or streaks to appear on the teeth. In severe cases, it can cause brown discoloration and even weaken the enamel.

Children's toothpaste

Children's toothpaste, on the other hand, typically contains lower levels of fluoride or is fluoride-free, making it safer for children

who are still learning to brush their teeth without swallowing the toothpaste. Additionally, children's toothpaste often comes in flavours that are more appealing to kids, which can encourage them to brush regularly and develop good oral hygiene habits from a young age. These toothpastes may also be formulated with ingredients that are more gentle on a child's developing teeth and gums.

TIPS FOR CHOOSING CHILDREN'S TOOTHPASTE

With all that said, what should you consider when buying toothpaste for your little ones?

Look for fluoride

Fluoride is a mineral that helps strengthen tooth enamel and prevent tooth decay. Look for a toothpaste that contains fluoride, but be careful not to use too much. Children under six should use a pea-sized amount of toothpaste, and parents should always supervise brushing to make sure children don't ingest the toothpaste.

Choose a nice flavour

Children are more likely to brush regularly if they enjoy the taste of their toothpaste. Many children's toothpastes come in fruity or bubblegum flavours, which can make brushing more fun. With the right toothpaste, your child can truly enjoy learning to look after their dental health and take pride in it - both now and as a habit for the future.

Avoid harsh ingredients and check safety warnings

Some toothpastes contain harsh ingredients like sodium lauryl sulfate (SLS), which can cause mouth irritation. Look for a toothpaste that is gentle on your child's teeth and gums. Make sure the toothpaste you choose is safe for children. Check the label for any safety warnings or age restrictions.

Consider your child's specific needs

If your child has specific dental needs, such as sensitive teeth or braces, look for a toothpaste that is designed to address those issues. This is an easy way to make sure your little one avoids dental trouble later on.



Don't be swayed by gimmicks

Some toothpastes are marketed with fancy packaging or promises of extreme whitening power. Don't be swayed by gimmicks - focus on choosing a toothpaste that is safe and effective for your child.

INGREDIENTS TO AVOID

When it comes to choosing toothpaste for kids, there are a few things to avoid. It's essential to pay attention to the ingredients in children's toothpaste to be certain it promotes their dental health, without posing any risks. Here are some ingredients you'll need to watch out for:

Triclosan

Triclosan, an antibacterial agent commonly found in personal care products, has raised concerns due to its potential to disrupt hormones and contribute to antibiotic resistance. It's best to steer clear of toothpaste containing triclosan, especially for young children whose bodies are still developing.

Microbeads

Microbeads, tiny plastic particles added to some toothpaste formulas for texture, can harm the environment. These beads often end up in waterways and pose a threat to aquatic life. Opting for toothpaste

without microbeads helps reduce your environmental impact and teaches children about responsible consumer choices from an early age.

Artificial sweeteners

While toothpaste with artificial sweeteners might taste appealing to children, ingredients like aspartame can have adverse effects on health. Choosing toothpaste without artificial sweeteners ensures your child isn't exposed to unnecessary additives that could potentially affect their wellbeing and give them a taste for this problematic chemical.

Whitening agents

While some toothpastes claim to whiten teeth, they may contain abrasive ingredients that can wear down tooth enamel, especially in developing teeth. While adults might seek whitening benefits, children's toothpaste should prioritise enamel protection and cavity prevention over cosmetic enhancements, and so whitening toothpastes should generally be avoided for little gums and teeth!

By scrutinising toothpaste labels and avoiding these potentially harmful ingredients, you can make informed choices to safeguard your child's oral health. Remember, the goal is to instil healthy dental habits early on and provide the best care you can for your child's growing smile.

PARENTING



Parenting through
Ramadan; different
forms of bullying;
reasons to have a pet
and more!





THE UNEXPECTED BENEFITS OF PET OWNERSHIP

Bringing a family pet into the mix can seem to be nothing more than inviting more work into your day, but the benefits they bring often massively outweigh any drawbacks.

Nearly every mum can remember at least one time when their child has pleaded with them to get a family pet. From their point of view, there's no downside! They get a fluffy, adorable friend that will always be around for a cuddle and to raise their spirits. While it's never easy to give kids bad news, getting a pet can feel like a huge commitment - especially for something that you think your little one may grow tired of.

However, recent research has shown that having a family pet can help children in many more ways than you might have thought. It is now understood that pets can be a genuine emotional support for children, while offering a whole range of benefits, including lowered stress levels and improved social skills. Here, we dive into the unexpected ways that pet ownership can improve your child's everyday experience - and perhaps even your own!

SIX WAYS A PET CAN HELP YOUR CHILD'S GROWTH

While adopting a pet can bring along lots of new duties, as well as bills, the upside can be huge. Let's take a look at what a new furry friend can bring to your family!

Provides unconditional love

Anyone with a cat or a dog will speak to the fact that this animal loves them unconditionally. They will always be there to welcome you home with a wagging tail or a purr, which is sure to bring joy to your little one. Regardless of your child's mood, appearance or



social standing, the family pet will show them love and adoration. This can teach children important lessons around acceptance, namely that their self-worth shouldn't be tied to any external factors, and that they deserve to be loved and accepted just as much as everyone else. After an especially challenging day at school, a cuddle and a play with a pet might be just what your little one needs.

Develops empathy

A pet is a domesticated animal and therefore completely relies on their owners. While cats retain some independent skills, dogs are dependent on you for everything from food to exercise. Many parents make the deal that if they get their child a pet, the child has to contribute to raising them. This can be a really good idea. It encourages children to consider and attend to the pet's wants and needs. Having to look beyond their own needs is a simple way to introduce the concept of empathy.

Empathy is a hugely important skill that will benefit your child throughout their development. If the family dog is looking for their dinner or their evening walk, help your child to understand that they may be feeling hungry or cooped up at home. Your little one may be able to relate to these emotions and therefore feel empathy.

Counteracts loneliness

For kids, a pet is a fantastic combination of a new family member and a best friend. They'll always be on your child's side, up for having some fun and even some gentle cuddles. Loneliness is a problem that no one deserves and pets can do a lot to improve the lives of children who struggle socially. This new furry ally, whether of the canine or feline variety (or even something more unusual!) can certainly help your little one if they're experiencing feelings of loneliness.

Many parents notice their children speaking to the family pet. Lots of kids feel like they can truly open up to them, and they might even share fears or anxieties that they would otherwise keep to themselves. This avenue for expression can help your little one fight off any feelings of loneliness and give them the confidence to talk about their problems.

Reduces stress

Life is full of challenges and being a child or a teenager can be particularly difficult. From staying on top of school work and managing socially, to simply trying to figure out who they really are, there are a lot of stressors that go hand-in-hand with growing up.

One lovely aspect of having a family pet is the de-stressing nature that they can bring into a household. Their positive attitude and easygoing behaviour can serve as a reminder to embrace the day with happiness.

Furthermore, playing with a pet has been shown to genuinely reduce stress levels by encouraging your brain to release oxytocin and dopamine. So, petting a dog or stroking a cat can truly help your child to return to a happy, calm state.

Fosters responsibility

Developing responsibility can be tricky for children. In order for them to grow in this way, they need to be given responsibility for something, but it may be difficult to trust them if they haven't proven that they're responsible. Passing over some of the jobs relating to caring for a family pet is a good place to start.

If your child commits to taking over the dog-walking duty for example, this is an arena where they can demonstrate that they are able to take the necessary actions, and that they're ready to take on more. You can see this as a proving ground, rolling out more pet responsibilities to your little one. It's great practice for them and it gives them a chance to show you what they're capable of!

Encourages exercise

Getting a new pet will likely increase your little one's amount of exercise, especially if it's a dog. Most dogs need to be walked twice a day, and this can help you and your loved ones to incorporate some outdoor family time into each day. All kids love to play and pets can be the perfect play partners. Whether it's running around with the dog or entertaining the cat with a range of toys, there are countless ways for your little one to get their heart rate up.

If your family likes taking long walks on the weekend, a family dog can bring a renewed sense of fun to these excursions. Previously, a child who may have become bored of such a walk, now has a fluffy friend to bound alongside, reaping all the benefits of fresh air and movement.

BEFORE YOU ADOPT

As exciting as it can be, getting a pet is not something you should do on a whim. Doing an adequate amount of research is key and



there are numerous considerations to take into account. Remember that, even if your child has convinced you to go ahead and adopt, the bulk of the responsibility will fall at your feet. Bearing the following in mind will help to inform your decision.

Your home

The type of home that you live in will help to determine what kind of pet, if any, will be suitable for you. For example, big dogs and small apartments tend not to be a good fit. A smaller dog or a cat may be a better option if space is limited.

Lifestyle

Different pets suit different lifestyles. If you and your family love getting outdoors, then a physically fit dog can be a great choice and may soon become your new favourite running buddy. On the other hand, cats are a strong option for very busy families as they tend to be much more independent and self-sufficient.

Costs

Simply put, having a pet is not cheap! The basics of food, bedding and toys can cost a surprising amount, and that's before you

consider medical bills, pet sitters for when you're travelling and any pet training you may wish to send your new four-legged friend on.

Before taking this step, consult with professionals in the field, including a veterinarian and your child's doctor, to make sure that you're taking everything into account. It's clear that adopting a pet can bring so much joy and plenty of benefits to your whole family. Granting your child's wish for a new best friend might just be one of the best decisions you've ever made!



THE FIVE TYPES OF BULLYING

Children can experience bullying in many different forms. What are they and what should you do about it?

Bullying is a true nightmare for children and parents alike. It's deeply upsetting for parents to know that their little one is being treated unfairly by their peers. As the world has modernised, so has bullying. It now includes more than physical violence and a huge part of it takes place online. Let's take a closer look at the different types of bullying, so that you can be prepared for what may be going on in your child's school.

THE FIVE MAIN TYPES OF BULLYING

It might surprise you to find out that there are a number of different types of bullying. Understanding each is a must in order to help your little one should they fall foul of a bully's nastiness.

Physical bullying

Physical bullying is the most infamous kind, and is probably the first to jump to mind whenever you think of this problem. This style of bullying is a method of intimidation that takes place by overpowering the victim physically. It can include any forms of physical violence, including punching, kicking, slapping or pushing.

Thankfully, it is relatively easy to spot. By its nature, physical bullying is quite overt and it's difficult (although not impossible!) for it to go unnoticed. Schools tend to be very proactive in tackling this kind of bullying.

Verbal bullying

An old phrase once said, "sticks and stones can break my bones but words will never hurt me." While this is helpful to embolden our children to be resilient in the face of verbal bullying, the unfortunate truth is that words can hurt just as much as sticks and stones. With all kinds of bullying, the goal for the bully is to gain power over the victim. In verbal bullying, the perpetrator will use cruel tools, such as insults and name-calling, to really try to get under the other child's skin and hurt their feelings.

Unlike its physical counterpart, verbal bullying can be very difficult to identify. It will almost always take place out of earshot of any adults and the bully will usually completely deny any wrongdoing. As there are no physical signs that anything has happened, it's difficult to prove. Verbal bullying should be taken seriously as certain insults, especially when repeated often, can undermine a child's confidence, damage their self-esteem and leave genuine emotional scars.



Relational bullying

Relational bullying, also known as relational aggression, is particularly prevalent among teenagers. Relational bullies use various forms of manipulation to attack a certain person in their peer group. The goal is to humiliate them and kick them to the bottom of the social hierarchy, leaving the bully as the leader of the group. This is done in sly and dishonest ways, meaning that parents and teachers may be completely unaware that this is going on. The method can include cutting the victim out of a social group, spreading rumours about them or altering situations to make it seem as if the victim has acted badly.

Cyberbullying

These days, cyberbullying is one of the biggest threats that little ones face. Given that children and teens spend so much of their time online, there are so many opportunities for this internet-based bullying to happen. By taking place solely on the web, cyberbullying is extremely challenging to pinpoint. It can happen on social media, messaging apps or even online games.



based on a certain prejudice, such as race, religion or disability. Prejudicial bullies will pick on another child or teen simply because they're from a different background, culture, religion or ethnicity. Prejudicial bullying is extremely serious and should be treated as such. If allowed to continue, this kind of bullying can escalate into hate crimes with much worse consequences.

WHAT YOU CAN DO

Bullying in any form is an absolutely awful experience for a child. Finding out that your pride and joy is being bullied is fiercely upsetting, and it can be hard to know where to start. Firstly, it helps to be able to identify the different types of bullying that generally take place. If you suspect that something is going on, speak to your little one or teenager, and encourage them to be open with you. Bullying can force children to keep their worries to themselves, so understand that they may not be willing to share this with you immediately.

Once they do speak honestly with you and you have a strong idea of what is happening, approach your child's school teacher, counsellor or principal - whichever is the most appropriate in your situation. Trust that they will do their best to solve this issue but make sure to prioritise your youngster's wellbeing. Bullying, and its consequences, don't have to last forever. So hold your child close, tell them how loved they are and let them know that you are going to make sure that the bullying will end.

Young people are virtually always connected to the internet in one way or another, and therefore the cyberbullies can reach them anywhere, at any time. It's very different to in-person bullying, where the victim can feel a little safer once they get home from school for example. Cyberbullying can feel genuinely impossible to escape.

Cyberbullying can also be even more malicious than other types of bullying, as the bully doesn't need to summon the courage to say something in real life. In fact, cyberbullies tend to be individuals that use the internet as a shield to hide behind, to stay anonymous and to act out without getting caught.

Prejudicial bullying

As the name suggests, prejudicial bullying is specifically where the bully targets someone





PARENTING THROUGH RAMADAN: CARE, FAMILY AND FAITH

Ramadan is not only a time for spiritual reflection and devotion, it also presents unique challenges and opportunities for parents. Let's take a closer look!

As families observe the month-long fast for the Holy Month of Ramadan, you might find that your usual parenting dynamics undergo some adjustments influenced by your dietary changes, hydration levels and fluctuating energy levels - particularly in the first few days.

Not only this, parents will be playing a crucial role in explaining the significance of Ramadan to their young children, with the opportunity to create understanding, empathy and cultural appreciation, regardless of your own religious beliefs. Here, we explore the balance of parenting during Ramadan, especially in regard to the household's physical wellbeing, spiritual growth and family bonds.

DIETARY ADJUSTMENTS

For parents, the adjustment to fasting can present challenges in keeping up your energy levels and attending to the needs of your children. With the altered meal schedules and limited intake during daylight hours, ensuring proper nutrition becomes extra important for fasting mothers.

The best strategy is to carefully plan balanced Suhoor (the pre-dawn meal) and Iftar (the meal to break the fast) to sustain your energy throughout the day, if you're fasting. Including complex

carbohydrates, proteins and healthy fats can help to ward off hunger pangs throughout the day and maintain energy levels for both the adults and children at home.

Hydration is important

Even though Ramadan comes earlier this year, hydration poses another significant concern, particularly in this region with our warm climate. Dehydration can increase fatigue and affect your cognitive function - and possibly even impact your parenting abilities. Therefore, it's essential to prioritise hydration during the non-fasting hours, with regular water intake for yourself and any children of fasting age. Electrolyte-rich drinks and hydrating foods like fruits and vegetables can also help replenish fluids lost during fasting.

BALANCING ENERGY AND PARENTING

Parenting during Ramadan requires a mindful balancing of your energy levels, to fulfil your family duties effectively as you adjust to the dietary changes. While fasting may bring on a temporary feeling of fatigue, consider some strategies to conserve your energy and optimise your ability to be your normal productive self. This might mean prioritising essential tasks, delegating responsibilities and practising even more efficient time management in the early days of Ramadan, allowing you to engage with your children as meaningfully as usual.

Embracing a slower pace

Embracing a slower pace and nurturing a spirit of patience can help to build resilience in both parents and the children. Understanding that an occasional bout of tiredness or irritability is natural during fasting may help to create empathy and compassion within the family unit. Talking about how you feel and encouraging open communication about emotions and needs within the family can help to strengthen the bonds you share together, and create a loving, supportive environment that contributes to each person's spiritual growth and development.

CONVEYING THE MEANING OF RAMADAN

Parents play a pivotal role in communicating the significance of Ramadan to their young children, regardless of their religious background. Through age-appropriate conversations, storytelling and special activities, you can impart valuable lessons around the empathy, gratitude and community spirit associated with Ramadan.

Simplified explanations of fasting, such as refraining from eating food and drink during daylight hours to show devotion to God, can help young children grasp the concept. Engaging in acts of kindness, charity and sharing meals with neighbours will also show little ones the values of generosity and compassion intrinsic to Ramadan.

Using visual aids such as picture books, crafts and role-playing, you can make learning about Ramadan interesting and memorable for children. Creating a Ramadan-themed atmosphere at home with decorations, festive meals and family traditions will help kids really connect with a sense of belonging and excitement, reinforcing their appreciation of the cultural identity of the region.



Lessons to learn

Ramadan offers lots of teaching opportunities for parents to discuss relevant spiritual ideas and instil core values in their children. Beyond religious rituals, you can emphasise the significance of self-discipline, gratitude and mindfulness in everyday life. You can explain how other families are approaching Ramadan and the ways it benefits them.

Encouraging children to participate in acts of charity, such as donating to food drives or volunteering at school events, is a wonderful way to show them the meaning of empathy and social responsibility. Teaching children about the diversity of religious practices and cultural celebrations is also incredibly important in growing their tolerance and respect for different beliefs - all of which will lead to more harmony in our society.

The right example

Lastly, you can be a great role model, showing children the healthy habits and self-care practices you partake in during Ramadan, which can demonstrate to your little ones the importance of balance and moderation in lifestyle choices.

THE GIFT OF RAMADAN

If you can explain the meaning of Ramadan to young children, it helps them to truly appreciate the role of religion in their own lives or those of their school friends, as well as providing them with perfect opportunities to learn and strengthen their cultural connection and appreciation.

Parenting during Ramadan requires a delicate balance of meeting your shifting physical needs, nurturing spirituality and deepening the family bonds. By prioritising nutrition, hydration and managing your energy, you can absolutely navigate the challenges of fasting, while still fulfilling your responsibilities properly. The main thing is that Ramadan is a beautiful opportunity to focus on the lifelong lessons of compassion, gratitude and self-discipline in children, enriching both their spiritual journey and your family's relationships.

WHY IT MATTERS THAT KIDS TIDY THEIR ROOMS

While you may feel obliged to clean up after your children at times, there are lots of developmental benefits to encouraging them to help tidy their rooms.



A cluttered room with toys scattered about might seem like a typical sight in a household with children. However, instilling the habit of tidying up at a young age can have numerous benefits for both children and parents alike. Teaching kids to keep their rooms organised not only builds a sense of responsibility and independence but also contributes to their overall wellbeing and development.

Encouraging children to tidy their rooms isn't just about keeping the house neat; it's about fostering crucial life skills and promoting their overall development. When kids actively participate in maintaining their living space, they embark on a journey of responsibility and independence that extends far beyond their childhood years.

BENEFITS

There are many reasons why tidying up matters. Let's dive in!

Promotes responsibility

Encouraging children to tidy their rooms instils a sense of responsibility from early childhood. When kids are involved in maintaining their space, they understand the consequences of their actions and learn to take ownership of their belongings, developing a sense of accountability early on.

Develops organisational skills

Keeping a room tidy requires organisational skills. Children who tidy their rooms regularly learn how to categorise, sort and arrange their belongings - valuable lessons in efficiency and orderliness. These skills not only aid them in school but also prepare them for the demands of later life.

Encourages independence

Learning to tidy their rooms empowers children to take care of their personal space independently. By instilling the value of self-sufficiency early on, parents equip their children with a vital tool for navigating life's challenges. It builds a sense of confidence and can be a great way to teach them the value of doing things for themselves - a brilliant life lesson that will carry them far beyond the four walls of their rooms.

Focus and creativity

A clutter-free environment can positively impact a child's ability to concentrate and be creative. When a room is ordered, children can more easily find what they need, allowing them to focus on activities like homework, reading or imaginative play. By eliminating distractions and providing a happy, conducive space for exploration, tidying up lays the groundwork for enhanced cognitive development and creativity.

Respect for property

Keeping their room in tip top shape helps kids understand the value of their belongings and fosters respect for their space, as well as for the efforts of others who share the household. This respect extends beyond their personal space to encompass communal areas - which is a win-win as a parent!

DEALING WITH RELUCTANT CHILDREN

Despite the benefits, some little ones may be reluctant to straighten out their rooms. Here are some strategies to address this reluctance:

Set clear expectations

It's best to clearly communicate your expectations regarding tidying up their rooms - but do it without shouting at them or making



it a stressful issue. Explain why it's important and establish specific guidelines and routines to follow.

Make it a routine

Incorporate tidying up into the daily or weekly routine of the household. Consistency is key to forming habits, so make it a regular part of their experience.

Break it down

Sometimes, the task of tidying an entire room can be overwhelming for children. If this is the case for your little ones, help them break it down into smaller, manageable tasks, focusing on one area at a time. Offer guidance and assistance when needed, especially for younger children who may struggle with certain tasks. Be patient and encourage their efforts.

Consider rewards

Sometimes, it can be good to provide positive reinforcement by offering rewards for a job well done. Rewards can be simple, such as extra playtime, screen time or a small treat. Be careful to maintain the terms of the arrangement though!

Do it yourself

There is a phrase which says 'Be the change you wish to see in the world'. In this case, the 'world' is your family, but nevertheless, it's clarifying to remember that children are like sponges! They often mimic the behaviour of their parents or caregivers and so, if you lead by example by keeping your own spaces tidy and involving them in household chores, your children are much more likely to pick this up as a norm and follow suit.

Keep things fun!

Turn tidying up into a fun activity by playing upbeat music, turning it into a game, or setting a timer to see how quickly kids can complete the task. Whatever you choose to get spirits up, injecting a dash of fun and excitement can make tidying more appealing for children.

Encouraging children to tidy their rooms is an investment in their future wellbeing and success. By instilling this habit from an early age and addressing any reluctance that might show up with patience and support, you can help your children to develop valuable life skills that will serve them well throughout their lives - and keep your house looking its best!

EDUCATION



Teaching children
about International
Women's Day and
the unique lessons of
outdoor education!





LEARNING ABOUT INTERNATIONAL WOMEN'S DAY

International Women's Day is a hugely important day in the calendar and serves as an opportunity to educate our families and to empower our daughters.

International Women's Day is just around the corner, on the 8th of March. This is a very important day where we can celebrate all women, as well as highlighting some who have made outstanding contributions to various aspects of society. We can use this as an opportunity to challenge gender inequality and stereotypes while championing proponents of women's rights.

While gender inequality is rife worldwide, the UAE has recently made significant changes to reduce this inequality by revising labour, criminal and personal status laws. Learning about International Women's Day isn't just for our daughters. Our sons should be educated on this topic too, so that they can advocate for women's rights just as much as girls do. Let's take a look at how to help our little one's learn more about this special day and the message behind it.

A HISTORY LESSON

The best place to begin is to teach your children about the history of International Women's Day. Doing so will help to highlight the true nature of women's struggles. For example, this beautiful day was first marked early in the 20th century. This was a time of much change globally and gave rise to a time of great unrest among women, leading to the beginnings of the women's rights movement. Feel free to do some research of your own and to show your daughter or son the empowering story of the Suffragettes.

INSPIRATIONAL WOMEN

There have been countless inspirational, powerful and majestic women throughout the history of humankind. Consider teaching your children about some of these women, making sure to take in women from various fields of expertise and achievement.

Some examples include Malala Yousafzai, the female education activist and the youngest person to ever win the Nobel Peace Prize; Marie Curie, a pioneer in the study of radioactivity who is also the first woman to win a Nobel Prize, the first person to win a Nobel Prize twice and the first person to win a Nobel Prize in two scientific fields; and Simone Biles, arguably the greatest gymnast of all time, a multiple-time World champion in various disciplines, as well as holding a record 30 World Championship medals. These women are just a few of the innumerable who have made their mark on their community and the wider world. Seek out female heroes for your daughter to model.

EMPOWER YOUR DAUGHTER

This International Women's Day, renew your promise to empower your daughter to fight any inequality and to reach her full potential. Enable her to break through any glass ceilings and overcome any stereotypes that society may place on her. The truth is that our girls are capable of becoming whoever they want to be and it's our job to help them every step of the way.

THE IMPORTANCE OF OUTDOOR EDUCATION

As March rolls in with the temperatures cool and the weather pleasant, children in the UAE have a golden opportunity to embrace the benefits of outdoor education.

Amidst busy city life and fun leisure activities, it's a great idea to carve out time to immerse kids in nature-based learning experiences, as they offer a multitude of benefits that resonate far beyond the classroom. Whether you're a local family or an expatriate living in this vibrant country, harnessing the advantages of outdoor education is a great way to expand your child's learning, especially before the scorching summer heat sets in.

EXPLORING THE UAE!

In a region known for its arid climate and desert landscapes, March is a perfect time of year to take advantage of the lovely weather and introduce children to the natural beauty of the UAE's outdoor spaces. From sprawling desert dunes to lush green parks, there's so many wonderful environments that are full of lessons and learning, just waiting to be explored. By immersing kids in these beautiful surroundings, they can develop a greater appreciation for the natural world and gain a deeper sense of connection to their homeland.

KEEPING HEALTHY

The warm temperatures of March provide an ideal setting for children to engage in sports and playful activities outdoors. Whether it's hiking, cycling, or simply playing in the park, outdoor adventures offer a fun and brilliantly effective way to solidify children's physical health and





wellbeing. Regular exposure to sunlight also ensures an adequate intake of vitamin D, essential for strong bones and a healthy immune system.

THE CURIOSITY TO LEARN

Nature is a rich and dynamic classroom, the best environment available to parents to stimulate children's curiosity and encourage them to explore, observe and question the world around them. From identifying different plant species to spotting wildlife in their local habitats, outdoor education provides endless opportunities to learn something new.

Simple activities include getting children to focus on their senses, whether it's feeling the texture of plants, listening to the chirping of birds, or smelling the fragrance of the beach. These sensory experiences ignite their imagination and foster creativity, laying the foundation for a lifelong love of learning.

RESILIENCE AND SOLVING PROBLEMS

Navigating the outdoors naturally leads to a series of challenges and obstacles, from uneven terrain to unpredictable weather conditions. By exposing children to these

challenges in a supervised way, they have the chance to learn valuable life skills - like resilience, adaptability and working out issues.

Whether it's figuring out how to build a shelter on a weekend camping trip, or overcoming a fear of heights on a rock-climbing expedition, outdoor education empowers children to confront and conquer challenges head-on, instilling in them a real sense of confidence and self-reliance.

REAL-LIFE CONNECTIONS

Outdoor fun and games are a really accessible way to enable children to interact and collaborate with their peers. Whether it's working together to build a sandcastle on the beach or cooperating to complete a nature scavenger hunt, these shared experiences promote teamwork, communication and empathy which will serve them all their lives.

Spending time outdoors also allows kids to disconnect from the digital world and engage in meaningful face-to-face interactions, strengthening their social bonds and nurturing their emotional skills - something that requires more intentional work in this modern era.

A SENSE OF RESPONSIBILITY

In an age where environmental issues loom large, instilling a sense of environmental responsibility in children has never been more important. Through outdoor education, little ones not only learn about the world around them, but also discover their role in preserving its beauty and biodiversity. By immersing them in nature from a young age, you'll be able to teach a deep respect and appreciation for the Earth's ecosystems and bring about a sense of duty within kids towards protecting our planet for future generations. As children engage with the natural world, they not only develop a profound connection to the environment, but, with time, they realise their responsibility as stewards of the Earth.

Advocating for the planet

Through hands-on activities, such as planting trees, observing local plants, trees and creatures, cleaning up litter, participating in eco-friendly initiatives and learning about sustainable practices, children begin to grasp firsthand the importance of environmental preservation. By growing a love for nature and an understanding of its delicate balance, parents can lay the groundwork for children to become advocates for environmental conservation. These experiences are huge lessons for little ones, empowering them to positively impact the planet and ultimately, shaping them into conscientious global citizens committed to safeguarding the Earth for generations to come.

As March allows us to still enjoy cooler temperatures, now is an ideal window to maximise the benefits of discovering all the UAE has to offer, as well as giving kids great experiences and planting the seed of environmental consciousness in their young minds. Whether it's exploring the desert, picnicking in the park, or camping under the stars, the possibilities for outdoor adventures are endless. So, pack your sunscreen, water bottles and sense of adventure, and embark on a journey of discovery and learning with your children, surrounded by the beauty of nature.

SCHOOL & FAMILY BREAKS



A staycation in Abu Dhabi during the Holy Month and the beautiful Greek island destination for families!



A RAMADAN STAYCATION AT ANANTARA EASTERN MANGROVES

*Rejuvenate your body, mind and spirit this month at
Anantara Eastern Mangroves, Abu Dhabi.*

This month, Anantara Eastern Mangroves invites you and your family to embrace the spirit of Ramadan with a series of restorative experiences tailored to commemorate the Holy Month. Located in an unusually peaceful setting, overlooking protected mangroves but with the delights of downtown Abu Dhabi just minutes away, you will be able to wake up to gentle birdsong in rooms that are spacious, contemporary and light. Enjoy tranquillity throughout the whole month of Ramadan, with Suhoor served in your room, rejuvenating spa experiences on hand to help you slow down and reflect, and a beautiful Iftar buffet to be enjoyed each day at sundown. With rooms from AED 599, the 'Ramadan Tales' offer from Anantara Eastern Mangroves' could be your haven for reflection, community and culinary delights.

DELICIOUS IFTAR AND SUHOOR

Savour the rich flavours of Middle Eastern cuisine with your family at Ingredients Restaurant this Ramadan from sunset to 9pm. Your loved ones can indulge in a lavish, sumptuous buffet-style Iftar spread, featuring traditional dishes like Lamb Ouzi, Mixed Grill, Umm Ali, Kunafeh, dried fruits and nuts, and much more. You have the option of dining indoors or enjoying the restaurant's two al fresco terraces that allow stunning views of the clear skies. The staycation offer also includes a serene and gentle Suhoor experience as a family, in the comfort of your luxury accommodation.

CELEBRATE CULTURAL HERITAGE

A Ramadan Souq will also be available inside the restaurant during Iftar, showcasing the Middle East's heritage and Ramadan's cultural significance, offering you a unique shopping and Iftar experience. Friends and families can expect live painting, calligraphy and henna artists, spice stalls, live cooking stations and an Oud player to set the mood.



A PEACEFUL RETREAT

Throughout Ramadan, the award-winning Anantara Eastern Mangroves Spa is offering a 20% discount on spa packages and a 40% discount across all treatments from its extensive A La Carte spa menu. These discounts are valid from March 11th to April 10th. Treatments stem from ancient Arabian and Asian traditions and, to adapt to the routine of Ramadan, the spa is extending its operational hours until midnight. Whether you'd like a tailored spa experience or a complete rejuvenating escape, Anantara Eastern Mangroves Spa is the perfect choice. Celebrated for its luxurious spa journey, authentic Turkish hammam experience, tranquil surroundings, and dedicated therapists, Anantara Eastern Mangroves Spa promises you and your family a serene Ramadan retreat.

For more information and to book, contact +971 56 188 7658 or visit www.anantara.com/en/eastern-mangroves-abu-dhabi/offers/ramadan-staycation



A SECRET CYCLADIC ISLAND HIDEAWAY

A brand-new secluded sanctuary on Athens' doorstep that could be exactly what your family needs for your next big trip!

Just a half hour boat ride from Athens, Kéa Island is the Cyclades best-kept secret. With a permanent population of around 2,300 residents, this untouched gem is a favourite weekend getaway for Athenians, and the captivating location of One&Only's latest opening.

GET AWAY FROM IT ALL

Perched above a protected cove on the beautifully rugged west coast, One&Only Kéa Island promises discretion, seclusion and authentic Aegean living in its purest form. An exceptional all-villa resort, One&Only Kéa Island invites romantics, wellness seekers and city dwellers to connect with the revitalising effects of the Mediterranean lifestyle. Here, your family can savour local, seasonal ingredients in the airy restaurants and bars, and explore Kéa's natural and cultural wonders through curated experiences. Grounded in the

elements, the One&Only Spa is a holistic haven offering exclusive wellbeing rituals and immersive programmes crafted by Subtle Energies.

STUNNING AEGEAN ARCHITECTURE

Designed by acclaimed architect John Heah, the resort's 63 cliffside villas have been arranged to maximise privacy, while showcasing panoramic views over Kéa's dramatic landscapes and the Aegean Sea. Offering a choice of one or two bedrooms, these contemporary retreats feature locally sourced white marble, curved atriums and floor-to-ceiling windows framing endless sea views. The light-filled interiors flow to outdoor terraces, where private infinity pools and fireplaces promise elevated alfresco living.

Crafted for families or groups of friends, the two-bedroom villas can accommodate up to

four adults and two children. Exceptional features include two marble-clad ensuites, a kitchenette for in-villa entertaining and a dining area on the sun-bathed terrace.

AGRARIAN INSPIRATION

One of the most fertile islands in the Cyclades, Kéa's agrarian roots stretch back thousands of years. Drawing inspiration from these rich culinary traditions, the resort's restaurants and bars showcase seasonal ingredients and local producers.

Dining options

Echoing the lively ambience of an authentic village piazza, Atria promises flavourful Greek cuisine in a fun atmosphere, served within the airy dining room or on the sea-view terrace. By day, Kosmos lobby bar welcomes families for elevated afternoon tea with a Greek twist; as night falls, it is the place to be for sunset drinks under the vast open skylight. Overlooking the resort's mirage-like main pool and the shimmering Aegean Sea, Kaiki serves relaxed bites and drinks throughout the day. Épicora wine bar is a sophisticated setting for all, serving artisanal cheeses, local charcuterie, an array of non-alcoholic beverages, as well as Greek and international wines, with intimate tastings led by the sommelier. Hidden behind a secret door and with seating for just twenty guests, dark and

discrete Incognito is a Cuban-accented speakeasy that could make an interesting setting for a date with your other half.

BEACHSIDE FUN

The resort's exceptional experiences celebrate the natural and cultural wonders of Kéa, with bespoke adventures across land and sea. As the closest Cycladic island to Athens, Kéa's waters are a magnet for yachts in the region. Situated on the resort's tranquil bay, Bond Beach Club brings unrivalled glamour and energy to the island, with a star-studded calendar of guest DJs, a vibrant menu of locally sourced ingredients, fabulous beverages and one-of-a-kind culinary experiences on the water's edge.

EMBRACE THE OCEAN

Just offshore, some of the Mediterranean's most renowned diving sites await. Experienced technical divers can follow the resort's expert team to four historic wrecks and protected marine parks that surround Kéa, while beginners can master the craft of scuba diving in the calm waters of the bay. Above the waves, sail to one of the island's spectacular secluded beaches, accessible only by boat.

CULTURAL TRIPS

Guests can also delve into the culture and history of Kéa with lively Panigiri celebrations at the resort and archaeology sessions within the grounds, a lovely cycle to Agios Nikolaos Lighthouse, or a hike to the ancient ruins of Karthea, where the temples of Athena and Apollo, and a grand amphitheatre offer a fascinating insight into the island's heritage. In the hillside town of Ioulida, you and your loved ones can wander through the picturesque village to discover jewellery boutiques, art galleries and stores selling artisanal local produce.

BODY AND MIND

Creating an unrivalled wellness destination in the Cyclades, the resort will also be home to an exceptional new spa. In partnership with Subtle Energies, the three-storey spa is rooted in the notion of sophrosyne, the ancient Greek expression for balancing mind and body. The seafront sanctuary will offer signature treatments crafted exclusively for One&Only Kéa Island, inspired by Greek



mythology and the healing benefits of natural active ingredients. The wellness retreat will also offer intensive programmes designed to reset and re-energise, rejuvenating beauty rituals grounded in the Aegean elements of earth and water, an indoor-outdoor fitness centre, a sea-view yoga pavilion and watsu therapy - ideal!

FAMILY FACILITIES

Nearby, the cliffside Club One offers inspiring activities for all ages, with tennis and padel courts, bicycles and a dedicated teens' area, complete with a half-size basketball court. For junior travellers, KidsOnly promises a fascinating programme of creative classes and outdoor activities inspired by Kéa's iconic shipwrecks. Little ones aged four to twelve can engage with the treasures of the deep via storytelling,

scavenger hunts and enlightening experiences that focus on sustainability and the island's unique flora and fauna.

General Manager Jerome Colson tells us "I'm thrilled to be leading the opening of this extraordinary resort. There is something very special about Kéa, and we are committed to honouring that in a way that is true to the island and its people. From our curated experiences and world-class diving opportunities, to the vibrant local cuisine, the resort is a celebration of the Aegean lifestyle and Kéa's authentic agrarian roots." So, for a Greek twist to your next big family holiday, why not consider the gorgeous offerings of One&Only Kéa Island?

The resort will begin welcoming guests from May 2024. For reservations or more information, visit oneandonlyresorts.com/kea-island.

HOME & GARDEN



How to create play
zones that work in
your home and the
colour trend that's
everywhere this year!





CREATING AESTHETICALLY PLEASING PLAY AREAS

Too often, our children's play zones can detract from the visual appeal of a living space. How can we balance form and function to help these areas blend in?

Integrating play spaces seamlessly into home design is something many parents long for. However, achieving this requires a delicate dance between style and purpose. So, what should you give thought to in order to give your family both the practicality that they need and also the aesthetic appeal you desire?

UNDERSTANDING THE PURPOSE

Before embarking on the design journey, it's important to define the purpose of the play area. Are you catering to your children's recreational needs, do you just want to foster their creativity, or is this going to be a multifunctional space, adaptable for all ages? Understanding the intended use will guide your design decisions and make sure you don't fall between ideas and end up with something that doesn't quite work for your household.

USE SPACE WELL

Making the most out of your available space while maintaining an open and inviting atmosphere is almost an art form! The simplest approach is to evaluate any underutilised zones in your home, such as alcoves, corners or transitional spaces, that can be repurposed into play zones. Consider multifunctional furniture pieces, like storage ottomans, convertible tables or even modular shelving systems, that optimise 'dead' spaces, without compromising on style.

KEEP THE FLOW

Harmonising play areas with the existing aesthetic of your home is the easiest way to make these zones blend in, giving your space the benefits of a play area without sacrificing the visual appeal of the room.

Visual continuity can be tricky, so a good place to begin is to incorporate basic elements such as colour schemes, textures and materials that complement the surrounding spaces, while infusing playful accents to mark out the designated area's purpose. A few touches of thoughtful design cohesion can go a very long way, lending the entire area a sense of balance, rather than a stark segregation from the rest of the living space.

SAFETY MEASURES

Safety should always be the top priority! Opting for child-friendly furnishings with rounded edges, non-toxic finishes and durable materials that withstand vigorous play can do a lot to keep curious little ones safe. If it applies to your children's needs, make use of safety gates, soft floor coverings and secure anchoring for larger play structures, as this will mitigate any potential hazards effectively and you can rest easy as your children play away.

EXCITING ELEMENTS

It can be helpful to infuse interactive elements that stimulate kids' creativity, imagination and physical activity into play areas. Educational features such as chalkboard walls, reading nooks or art stations are wonderful ways to encourage your little ones' exploration and discovery. Details can make a huge difference here!

Incorporating play areas into your home design requires a certain amount of cleverness to achieve a nuanced balance of style and functionality. By prioritising these five ideas, you should be able to create a lovely play space that doesn't clash or take away from your home's overall design. Don't be afraid to get creative and try something different - it will be so worth it!



PEACH: THE TRENDING SHADE OF THE YEAR

*The colour that's going to
be everywhere this year is
peach, and here is why!*



2024's trending shade, peach, has come to the fore for its understated allure and lovely air of vibrancy - the perfect wall colour to imbue your spaces with some gentle warmth and sophistication. Peach can be a good wall colour choice for several reasons. Let's dive into it!

WARMTH AND CALM

Peach tones often evoke feelings of warmth and softness, creating a cosy and inviting atmosphere in a room. This can be particularly comforting in spaces where relaxation and ease are desired, such as bedrooms or living rooms.

VERSATILITY

Peach is a versatile colour that can complement a variety of design styles and colour schemes. It pairs well with neutrals like white, beige and grey, as well as with bolder colours such as navy blue or emerald green, allowing for flexibility in your decorating choices.

AN ENERGISING EFFECT

Peach is associated with giving off a subtle but noticeable energy and vitality, making it an excellent choice for spaces where you want to create a lively, uplifting ambience without being too overt, such as kitchens or home offices.

SOFTNESS

Unlike brighter shades of orange, peach tends to be softer and less intense, making it a more soothing and subtle option for walls. It can add a pop of colour without overwhelming the space or clashing with other décor elements.

REFLECTIVE PROPERTIES

Peach hues often have light-reflective properties that can help brighten a room, especially in spaces with limited natural light. This can contribute

to a more spacious and airy feel, making the room appear larger and more open. It's also gorgeous in a room with abundant sunlight for the same reason, making it a wonderful colour to consider in this sunny part of the world.

Ultimately, whether peach is a good wall colour choice depends on individual preferences, the overall aesthetic of the space and how it complements other elements of the room's design. It's important to consider factors such as lighting, furniture and your existing décor schemes when selecting a wall colour to ensure a nice sense of cohesion and harmony within the space.

THE PERFECT PALETTE

If you do decide that peach could be for you, an easy way to tap into this trend is to check out Jotun Paints' Fenomastic Wonderwall Lux paint collection, a captivating colour palette that embraces youthful play and a timeless sense of elegance. With varying tones of peach, each shade within this palette will bring a touch of modern charm to your room.

PEACHY

A versatile and lively hue, when combined with daring tones like green, 'Peachy' transforms duller spaces into calm sanctuaries that radiate warmth, with a touch of sophistication. Imagine 'Peachy' gracing your bedroom walls, or creating a serene living room retreat, perfect for curling up with a great book.

Jotun Colour Code: 12074



DEVINE

This is a subdued and pleasant peach shade with a golden hint. It gives off an aura of earthiness that looks great in the ample sunlight of the region. Consider pairing this with natural furnishings and some vibrant accent hues to create a fresh feeling in

your space. Another approach is to pair this wonderful shade with neutrals and plants, for a grounding, rustic vibe.

Jotun Colour Code: 12083



SOFT SKIN

Sporting a brownish hue, 'Soft Skin' exudes a warm and woody peach colour that highlights spaces really well as an alternative to a white or cream colour. It symbolises ease and contentment, looks very natural and is brilliantly effective at brightening spaces, particularly when exposed to natural light. This shade can be combined with smooth textures like marble, and contrasts excellently with darker-coloured furnishings, adding a unique feeling of personality to your family's rooms.

Jotun Colour Code: 10580



BLUSHING PEACH

A slightly dull peach pink tone, 'Blushing Peach' radiates positivity and elegance. This delightful shade crafts its own kind of charm, lending a subtle but cheerful ambience to living spaces. Consider complementing it with minimalistic home décor accents, such as picture frames, vases or small furniture pieces, that enhance the peach look without overwhelming the space.

Jotun Colour Code: 20047



DUSKY PEACH

Featuring apricot and pink elements, this peach is a fusion of several undertones that imbue it with a touch of flair. The colour will appear soft and warm when combined with other peach shades. It can also add sophistication to rooms when paired with leather furnishings, interesting wall textures and darker accent hues.

Jotun Colour Code: 12084



SOFT TOUCH

With a slight greyish tone, 'Soft Touch' works well with golden whites thanks to its yellow undertones. It works in harmony with wooden furniture and neutral-coloured accessories that have a minimalistic feel. Try mixing in more greys for a dreamy, calm atmosphere.

Jotun Colour Code: 10290

Many people underestimate the transformative power of colour and the way it can enable us to express our style and emotions through our living spaces. This particular palette is an invitation to reflect the warmth and charm of various peach shades, a simple way to embrace the paint trend of the year, without making major changes to your existing décor. So, if you feel like giving your walls a refresh, why not give one of these beautiful shades a try?

GOOD LIVING



Soaps to help you
sleep, makeup must
haves and more!



My beauty picks for March are a collection of fantastic makeup products, perfect for Mothers' Day gifting, and my top LUSH products to help you sleep peacefully and wake up energised!



MISSPALETTABLE MAKEUP MUST- HAVES!

Certified Organic Baked Foundation by Antonym Cosmetics

This baked foundation revitalises and brightens your complexion, without being cakey or heavy on the skin. Its multi-hued shades offer you a fresh, flawless finish that lasts all day. Available in six colours, this leaves me feeling like my most confident self!

Vegan Lipstick by Lily Lolo

Vegan, nude and breathtaking, this lipstick range by Lily Lolo lives up to its promise of deep hydration, beautiful colours and proper staying power. Designed to flatter all skin types, the vegan nude collection includes six gorgeous nude hues, with something for everyone.

Melting Lip Powder by Cle Cosmetics

Long-lasting wear, deep matte finish - sign me up! This lip product is everything you've ever dreamed of, and more. Offering its wearers a plethora of choices, from a light natural tint to a bolder, more confident look with layered application, the melting lip powder is just as versatile as it is gorgeous. It's a brilliantly handy product too as it can also be applied to the eyes and cheeks for a flush of natural colour.

Certified Organic Lola Lash TOO Mascara Noir by Antonym Cosmetics

This mascara offers a nourishing formula that adds length and volume to your lashes. Designed with ingredients such as shea butter, vitamin E, almond oil, beeswax and carnauba, the mascara protects lashes and promotes good hair health, while the new wand design separates each lash to give your look a touch of drama.

Beauty isn't simply about looking good, it's about feeling good too. MissPalettable was founded on the belief that every woman deserves access to clean, cruelty-free and conscious beauty products that are good for the skin and the planet. With MissPalettable, you're not just treating yourself, you're supporting brands that are committed to a more mindful, sustainable world.

March is a month that's all about women! Whether you're looking to give your mum something lovely for Mothers' Day or simply want to celebrate yourself or the women in your life, I'd like to tell you about all things MissPalettable. Ongoing until mid-March, their stunning selection of makeup essentials are available for only AED 50 each! Feel beautiful and unstoppable with MissPalettable's incredible selection of beauty staples, from BB creams to vegan lipsticks, pressed blushes and more. Here are my favourites!

BB Cream by Lily Lolo

A silicone-free beauty blend brings anti-ageing and nourishing properties together for a lovely smooth-looking finish. Ideal for attaining a naturally dewy complexion, this BB cream offers light coverage that minimises any imperfections and comes in a wide-ranging colour palette, from fair to light, medium, tan and deep.



SLEEP BETTER AND WAKE UP FRESH WITH LUSH

I'm always looking for ways to feel more energised throughout the day and better rested at night! With World Sleep Day this month, I'm excited to introduce you to my top LUSH products designed to transform your bedtime and morning rituals!

Crafted with the essence of aromatherapy and infused with the calming blend of lavender and tonka, the LUSH Sleepy range is a catalyst for calm nights. Among these soothing bestsellers, you'll find products meticulously designed to ease you into a cycle of relaxation and sleep, perfect for a restorative night's rest.

Sleepy Bubble Bar (AED 67)

When a serene sleep is feeling just out of reach, this dream-inducing bubble bar is here with a reassuring embrace of lavender, tonka and ylang ylang oils. Simply crumble it under the tap while you run a bath to conjure calming clouds of fluffy lavender and tonka absolute.

Sleepy Lotion (AED 90)

Dip into a dream painted in brushstrokes of gentle oat milk and lavender flower infusion. Made with comfortingly sweet tonka absolute, Sleepy body lotion features gentle lavender flowers to hush your thoughts in preparation for a peaceful night's sleep. With a lingering malty, floral scent, this is one of my favourites!

Twilight Bath Bomb (AED 50)

Draw yourself a warm bath, settle under this fragrant blanket and imagine floating off into dreams. If sleep is evading you, Twilight's combination of essential oils will help get you ready for a good night's rest. As this lavender bath bomb dissolves, it turns your water a dreamy deep purple.

Awaken with a zest for life with the brand's best products to start your day. Featuring a refreshing mix of mint and citrus-infused products to jump-start your morning routine, these bestselling awakeners are imbued with citrus notes, cheery undertones and an invigorating essence, perfectly crafted to energise you for the day ahead.

Mask of Magnaminty (AED 95)

The iconic, mega-minty, multi-tasking mask is composed of over 5% honey to deep-cleanse your skin of environmental pollution and leave it luminous. If your skin feels congested or dull, or is prone to breakouts, treat it to this hard-working peppermint and honey face mask. Kaolin and bentonite gel mop up shine, while anti-inflammatory honey works its magic, soothing any breakouts and attracting excess oil. As you rinse away, ground aduki beans and evening primrose seeds gently exfoliate to remove dirt and encourage skin regeneration.

Crystal Amaze Body Scrub (AED 130)

A sumptuous scrub based on amethyst, Magic Crystals serves up a refreshing mint oil and fresh sage infusion, alongside the scrubbing and cleansing powers of Epsom and fine sea salts. Peppermint, spearmint and menthol crystals lend a sharp tingle to this enlivening blend, helping you collect your thoughts before you go forth into the world.

Outback Mate Soap (AED 50/100g)

Outback Mate is the minty-fresh bestseller you'll love to lather with! It helps you start the day with a refreshing cooldown - the trio of zingy eucalyptus, lemongrass, and peppermint give this bar star quality.



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