

ISSUE 154 | APRIL 2024 | DHS15

Mother **Baby &** Child

NAVIGATING SPECIAL
EDUCATIONAL NEEDS

PREPARING KIDS
FOR ADOLESCENCE

MAKING FRIENDS
AT SCHOOL

TEACHING
BABIES TO SIGN

IDEAS TO
CELEBRATE EID
IN STYLE!

**DO YOU
KNOW HOW
YOUR CHILD
IS USING AI
AT SCHOOL?**



62970001070223

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IN goes
the bag 



OUT comes
the cooked
chicken! 

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- 2  OPEN THE BOX
- 3  PLACE BAG IN OVEN TRAY AS IS
- 4  45mins COOK FOR 45 MINUTES AT 180°C



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EDITOR'S LETTER

Hello Mum!

It is my pleasure to wish you and your loved ones a blessed and happy Eid al-Fitr. We've lots of ideas for family getaways, feasts and fun in this issue, which you can find on pages 9-12 and page 43! I've also put together a handy 'Eid Gift Guide' on page 47, to make things easier this festive season, for a thoughtful present to treat your loved ones to...or even yourself! However you choose to celebrate, I wish you lots of joy and happiness!



Important Announcement!

Because Eid is a time for reflecting upon and appreciating family, I am pleased to announce that we are running an important awareness campaign that directly affects your child's future - it is all about how our schools are meeting the challenges of the role Artificial Intelligence will play in your child's future academic and career success and this is the main theme of our Education Section.

The job market of the future will look very different than it is now because Artificial Intelligence will be able to replace many of the professional working roles we humans are currently doing!

- So, how do YOU feel about your school using Artificial Intelligence tools to teach your kids?
- Do you feel aware of what AI tools can help your child's academic performance?
- Does your child's school keep you up-to-date with the AI technologies that your child is engaged in?
- What AI technologies SHOULD your child be engaged with?

As parents, it is vitally important that we get to grips with the HUGE role that Artificial Intelligence is expected to play in your child's education TODAY, and their future tomorrow. Please check the website and take our 1-minute parents survey on the topic of 'AI in Education' - and I'll also be inviting you to register to attend a free breakfast event where we ask the experts to explain more about the AI technologies, advantages and disadvantages of your child using AI in school.

Elsewhere, we go through the seven core signs to teach your baby on page 31, so your little one can communicate with you about their needs and wishes, as well as ways you can support your child in making good, loyal friends at school. You can check it out on page 40. I'd also love to draw your attention to a fascinating piece we've carried addressing the role magnesium plays in helping new mothers with their postpartum recovery. Read all about it on page 22.

I share the rejuvenating Korean beauty products that are more effective than microneedling for achieving glowing skin (page 49), as well as the two homegrown clothing brands that you should check out this season! You'll find those over on page 48.

As you know, I like to leave some things for you to discover for yourself in every issue, but before I go, I want to encourage you to enter our exciting competition this month. You never know...you might be one of our lucky winners!

Take care and see you soon!

Ella

Editor

Mother, Baby & Child Magazine

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Editor's PICK

AYURVEDA- INSPIRED SKINCARE, BY DR TANYA

I'm always curious when a new skincare brand comes to the UAE, but I LOVE it when it has a basis in traditional natural remedies. Dr. Tanya Skincare is an Australian-made and owned skincare brand that features doctor-derived formulas, infused with medical-grade ingredients and Ayurvedic inspiration.

Grounded in the principles of Ayurveda, the ancient Indian system of holistic healing, Dr. Tanya Skincare combines traditional wisdom with modern science to create formulations that nurture and rejuvenate the skin. Each product has been meticulously crafted using carefully selected ingredients known for their therapeutic properties and skin-loving benefits.

Originating from corners as diverse as India and Australia's vast landscapes, this skincare experience harnesses the power of Holy Basil, an Indian herb revered for centuries for its healing and transformative properties. Other exciting ingredients include Cacay oil, lauded for its rejuvenating benefits - ideal!

You can buy the range online and in-store at Faces branches across the UAE and visit drtanya.me to learn more about the ingredients!



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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SWEET GIFTING IDEAS FOR EID FROM MISTER BAKER

Mister Baker was born over thirty years ago in the UAE, with the ambition to honour life's most precious moments. For any joyous occasion that pops into my mind, be it the birth of a new baby, birthdays, anniversaries, an office celebration, an expression of love to friends or family, or a wedding celebration, Mister Baker cakes always communicate the happiness of the occasion so well.

As we celebrate the spirit of Eid al-Fitr, I'm looking forward to sending a few gifts from their delightful Eid collection. I'm happy to say the variety in the collection makes it easy to gift either a hamper or a choice of festive cakes to the people that will love them the most!

If you're looking for sweet gifting ideas to delight your loved ones this Eid, I recommend Mister Baker for something everyone will enjoy!

You can order online from www.misterbaker.com or from any of their stores across the UAE.

I AM FUTURE EMPOWERED



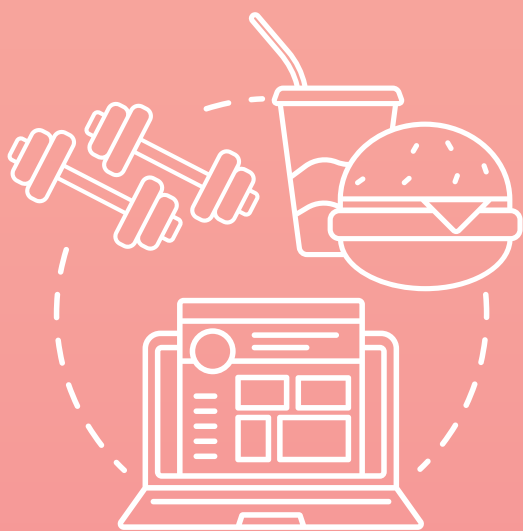
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for Ages 3 - 18
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Admissions Open for Academic Year 2023 - 2024

THINGS TO DO



The dining events you don't want to miss this Eid; a mesmerising circus show on ice; a plant-based café that helps you unplug and more!



EID BRUNCH AND DINNER GALA AT LITTLE LAHORE

In celebration of Eid al-Fitr, Little Lahore in Dubai's JLT brings the best of Pakistani classics to their Eid Brunch and Dinner Gala.

Located in Cluster G of Jumeirah Lakes Towers, this popular Pakistani restaurant is providing their guests with the ultimate Pakistani cuisine dining experience, accompanied by just the right music. You just need to decide if you'd like to dine indoors or outdoors!

Eid al-Fitr is the perfect time to bring your friends and family together. And for fans of Pakistani cuisine, a delectable feast at Little Lahore awaits you and promises authenticity, quality and an unforgettable experience.

Eid brunch menu

The brunch menu offers breakfast specialties that include classics such as Halwa Puri, the Pakistani household favourite, special Bone Marrow Nihari, as well as Paya, served with Naan Breads. You'll be treated to a taste of home with decadent desserts like Shahi Kheer, Jalebi, Shahi Tukray, Kulfi and of course, Gulab Jamun.

Gala Dinner menu

The Gala Dinner menu includes an extensive variety of BBQ items, including chicken bites, sumptuous mutton chops and grilled tiger prawns. The highlight of the menu is their all-new Karahis - a special mix of freshly ground spices and herbs with tender pieces of meat. The variety on offer includes prawn, fish, mutton, chicken and potato. For a classic dish, indulge your taste buds by sampling their exceptional chicken or mutton Biryani, Karak chai and their exquisite desserts.

Committed to making this a memorable Eid!

"At Little Lahore, we welcome everyone to visit and indulge in the warmth and hospitality of Pakistani culture through our culinary delights," says Saira Ahmed, owner and managing director. "We understand the significance of the occasion for our customers and we are committed to making this Eid al-Fitr memorable for them" she adds.

Make your Eid celebration exceptional with the best buffet and à la carte menu at Little Lahore JLT. Whether you prefer to dine in, host a live buffet at home with their catering service, or conveniently order online, they are truly dedicated to making your celebrations an exceptional culinary experience.

Details, orders and reservations

- **WhatsApp:** +971 52 795 6886
- **Email:** info@little-lahore.com
- **For home delivery prices and orders:** order.chatfood.io/little-lahore/menu
- **Opening hours:** From 10:00am to 11:30pm, Little Lahore welcomes you and your family!
- **Address:** UB-10, Jumeirah Business Center, Cluster G, Jumeirah Lake Towers, Dubai



CELEBRATE EID IN A LUX POD AT BLUEWATERS, DUBAI

Celebrate Eid al-Fitr in style in your very own, personalised, private pod, exclusively at The Pods, Bluewaters, Dubai. Known for their unique concept, in which your family can enjoy total seclusion, The Pods invites guests to impress their loved ones with an Eid al-Fitr decorated pod, including balloons, floating candles, sparklers and your very own VIP red carpet!

Additionally, enjoy a three course set menu of The Pod's favourite Pan-Asian dishes, with a soft drink of your choice included. Sit back and take in the sea views as you savour your VIP style Eid al-Fitr celebration together as a family!

- **Dates:** Available throughout Eid al-Fitr - pre booking is required
- **Offer:** Personalised Eid decor Pod with three course set menu and a soft drink, juice, tea or coffee
- **Price:** AED 1,499
- **Website:** www.thepods.ae
- **Bookings:** Call +971 4 453 8994 or send a message on WhatsApp to +971 52 905 0418

NEW SPRING MENU AT PLANT-BASED CAFE, SEVA TABLE



Immerse yourself in the new spring menu at SEVA's Table, where the rich flavours of the 100% plant-based ingredients sing out loud in every dish. Delight in the chef's special vegan wonders, like the 'Lion's Mane Steak', marinated with beetroot and herbs, or savour the 'Taste of the Sea', made with jackfruit cakes bathed in special homemade aioli and guajillo chilli.

Choose between indoor and outdoor spaces to dine in, whichever suits you best. I recommend the outdoor garden setting, which provides a serene escape from the city's hustle and bustle, allowing you to connect with nature, surrounded by the calming presence of towering trees and gorgeous vines.

SEVA takes pride in sourcing seasonal, local ingredients and prioritising vibrant organic foods, to deliver a genuine culinary experience. The café is dedicated to serving real food that is 100% plant-based, free from MSG, GMOs, gluten, cane sugar and trans fats. Open daily from 12pm to 10pm, the unique SEVA Table experience offers a range of amenities, whilst the rustic café interior, accompanied by soothing background music, sets the tone for relaxation. Lastly, don't forget to browse through their book library, filled with a variety of works to fulfil all reader's tastes, while enjoying the serenity of a beautiful, wifi-free space.

For reservations, call 056 534 2899 or visit www.sevaexperience.com/cafe.

50% DISCOUNT OFFERS AT SKIN LAUNDRY



Achieve an Eid glow with Skin Laundry's incredible, medical-grade laser facials! The much-lauded pioneers of laser facials are bringing back their awesome offer on memberships for Eid al-Fitr this year! This means you can enjoy 50% off the first month on all their Laundry Club memberships - what are you waiting for!

What are the details?

With a plethora of amazing deals and discounts to spoil yourself with this month, the multiple offers include 50% off your first treatment, 50% off your first month of membership and aesthetic treatment bundles with Skin Laundry+ as well.

Memberships start from AED 1,300 per month, but during April, both new clients and renewing members who commit to three months can enjoy 50% off the first month of their chosen membership. If you aren't ready to commit just yet, don't worry - you can take advantage of the first-time treatment offer of a 50% discount on your inaugural Signature, Carbon or Fractional laser treatment at Skin Laundry!

Offer for Abu Dhabi ladies!

This Eid, both non-members and members can enjoy 20% off select aesthetics treatment bundles by Skin Laundry+, chosen from their extensive menu of five-star aesthetics services, available exclusively at their Abu Dhabi location.

The treatment bundles are designed to target specific areas, such as BBL Neck Tightening and Mesotherapy on the neck; Botox and Face Filler; Botox and Lip Filler and more. Available only until the 21st of April, each guest must have completed a Skin Laundry

consultation before their treatment and cannot apply this offer in conjunction with any other offers.

Skin Laundry locations

- The Residences at Marina Gate, Dubai Marina
- ICD Brookfield Place, DIFC, Dubai
- Al Qana, Abu Dhabi

Offer dates

- From 5th - 21st April, 50% off first month membership
- Skin Laundry+ treatment bundles available until 21st April

Offer details

- 50% off the first month on all memberships with a 3-month commitment, paid upfront
- 50% off first treatment; complimentary if membership purchased after treatment
- 20% off select Skin Laundry+ treatment bundles, redeemable only in Abu Dhabi

Booking details

- DIFC: +971 52 199 0021
- Marina: +971 52 354 6785
- Abu Dhabi: +971 52 420 1557

Visit www.skinlaundry.ae to learn more about Skin Laundry's generous discounts!



EID BUFFET LUNCH AT MOWSEM, HILTON DUBAI PALM JUMEIRAH



Celebrate the spirit of togetherness, and share laughter and joy around the table with family and loved ones this Eid at Mowsem, the all-day dining eatery at Hilton Dubai Palm Jumeirah. For just AED 175 per person, you can enjoy a large international buffet of Arabic specials, from succulent kebabs and aromatic Biryani, to mouth-watering desserts, and much more. With indoor and outdoor seating, live cooking stations and fun activities for the little ones, Mowsem promises to elevate your Eid festivities and create lasting memories for all.

- **Where:** Mowsem, Hilton Dubai Palm Jumeirah
- **When:** April 11-12th
- **Time:** 12:30pm to 3:30pm
- **Offer:** AED 175 per person

Email restaurant.palm@hilton.com or call +971 4 230 0073 to make a booking.

SPECTACULAR EID BUFFET AND STAYCATION OFFER AT AL JADDAF ROTANA SUITE HOTEL

Eid al-Fitr is a time for joyous celebration, and Al Jaddaf Rotana Suite Hotel is delighted to announce a special offer to commemorate this auspicious occasion. Immerse yourself in the spirit of Eid with a delectable dinner buffet at TIMO Restaurant, ensuring an unforgettable, celebratory gastronomic journey for the whole family.

You are invited to indulge in a sumptuous Eid dinner buffet, priced at AED 200 per person. The lavish spread features a selection of dishes crafted to tantalise your taste buds and capture the essence of Eid flavours. From traditional favourites to international delights, the menu features a mouthwatering range of options, including Chicken Freekeh, Lemon Garlic Marinated Shrimp, Paneer Makhani, Eggplant Tomato Parmigiana Penne, Seafood Biryani and much more!

In addition, Rotana Rewards Select members receive even more benefits! When you book a one bedroom suite, the hotel offers a complimentary breakfast and a generous 20% discount on dining. You can also enjoy the luxury of a late checkout until 4pm, allowing you to savour every moment of this special occasion.

Furthermore, up to four guests can benefit from a 20% discount on dining, ensuring that everyone can relish the festivities. As a



bonus, Select members receive an exclusive 10% discount on all public rates.

So, treat your family and friends to Al Jaddaf Rotana Suite Hotel's Eid offerings to partake in this exciting offer and enjoy creating cherished memories together.

Date: First 3 days of Eid

Time: 7pm to 10pm

Price: AED 200 per person

For more information, call 04 596 2222.

CIRQUE DU SOLEIL CRYSTAL: AN ICE AND FIRE ACROBATIC EXTRAVAGANZA

This jaw-dropping show is a first of its kind in the UAE and will take over the Etihad Arena in Yas Island from April 26th to May 5th.

Imagine Cirque du Soleil, the famous circus performance group, but this time, they've taken their amazing show onto the ice! It's not just any ice show, though, Cirque du Soleil CRYSTAL is super special as it's the first time they've ever used ice to push the boundaries of their incredible artistry!

So, brace yourself for an unprecedented fusion of ice skating and acrobatic brilliance, as the performance arrives for its inaugural showcase at the iconic Etihad Arena on Yas Island, Abu Dhabi. Taking place from April 26th to May 5th 2024, this groundbreaking production, proudly organised by SES LIVE! in association with Live Nation Middle East, promises to redefine the limits of circus arts, offering you a breathtaking spectacle that pushes the boundaries of imagination.

INCREDIBLE FEATS

Cirque du Soleil CRYSTAL seamlessly integrates the mesmerising artistry of ice skating with gravity-defying acrobatics, marking a pivotal moment in the company's illustrious 40-year history. This unparalleled production guarantees your family an immersive encounter that harmonises the elegance of the talented performers, with the exhilaration of aerial stunts and mind-bending feats.

Witness acrobats and skaters gliding on ice and balancing in mid-air, combining multiple disciplines to craft a world-class entertainment experience. Audiences will be enthralled by synchronised skating, freestyle figures and extreme acts of daring, alongside traditional circus acts such as the swinging trapeze, aerial straps and enthralling hand-to-hand performances.



With tickets starting from AED 175, don't miss out on this phenomenal display of awe-inspiring ability!

DATES AND TIMINGS

Friday, 26th April

- Show starts at 7:30pm

Saturday, 27th April

- First show starts at 3:30pm
- Second show starts at 7:30pm

Sunday, 28th April

- Show starts at 5pm

Wednesday, 1st May

- Show starts at 7:30pm

Thursday, 2nd May

- Show starts at 7:30pm

Friday, 3rd May

- Show starts at 7:30pm

Saturday, 4th May

- First show starts at 3:30pm
- Second show starts at 7:30pm

Be part of this mesmerising event by securing your tickets and experiencing the enchantment of Cirque du Soleil CRYSTAL as it makes its grand debut in Abu Dhabi! For more information and tickets, visit Etihadarena.ae and LiveNation.me.

TICKET CATEGORIES AND PRICES

- Royal: AED 1,500
- VIP: AED 790
- Platinum: AED 590
- Diamond: AED 475
- Gold: AED 375
- Silver: AED 275
- Bronze: AED 175

For more information, check out www.cirquedusoleil.com/crystal and @LiveNationME on Facebook, Instagram and Twitter.

WELLBEING



How babies develop their hearing; why magnesium matters for new mums and more!



DIETARY TIPS FOR CHILDREN WITH AUTISM

World Autism Awareness Day takes place this month, and with that in mind, here is what to consider when it comes to diet for those with autism spectrum disorder.

Navigating the world of nutrition can be challenging for any parent, but when it comes to children with autism spectrum disorder (ASD), there are extra considerations. Carolyn Souter, Pediatric Dietitian at Amana Healthcare, an M42 company, shares her expertise with us below.

BALANCE

Firstly, aim to provide a balanced diet rich in fruits, vegetables, lean proteins and whole grains. A variety of nutrient-dense foods will make sure that your child receives the essential vitamins and minerals they need to grow and develop. Additionally, minimise your little one's intake of processed foods, sugary snacks and artificial additives. These aren't great for any child, but may exacerbate symptoms associated with autism, negatively impacting your child's general wellbeing.

FOOD SENSITIVITIES AND AVERSIONS

Some kids with autism may be sensitive to gluten, dairy or certain other food additives, so be vigilant for this. Autistic children may also have a fear or dislike of certain foods or simply mealtimes themselves. Appropriate lighting, comfortable cutlery and dishes, and limited noise and smells can help kids feel safer and less frightened while eating.

BE FLEXIBLE

Introducing new foods takes time and effort. Children with ASD will often have a particular food they will eat repeatedly. Although these foods may not be nutritionally adequate, be sure to offer these when introducing new foods. It's good to try various dishes and be open to experimentation, while also respecting your child's preferences and sensory sensitivities.

SPEAK TO THE EXPERTS

If you're unsure about your child's nutritional needs or how to address specific dietary concerns, don't hesitate to seek professional guidance for support and advice about any multivitamins, minerals or nutritional blood tests your child may need.

ESTABLISH ROUTINE

Children with autism often thrive on routine and predictability. Establishing regular meal and snack routines provides a sense of structure and predictability, helping to alleviate food anxiety. Aim to keep mealtimes to thirty minutes maximum, and never force your child to eat. Finally, remember to celebrate each small victory along the way!

A PROMISING FUTURE STARTS WITH A BIG IDEA.

IDEA Early Learning Center is an award-winning nursery located in Victory Heights, Dubai Sports City.

Sustainability is a key pillar of the IDEA Early learning Center curriculum. Teachers, parents and children work towards shared understandings as children begin their journey as responsible citizens of the world.

Our curriculum covers topics ranging from urban farming, climate change, recycling, water and energy and the children have fun whilst getting their hands dirty.

We encourage you to come and visit us and meet our outstanding team of educators.



IDEA
early learning center
INSPIRE. DEVELOP. EDUCATE. ACHIEVE

Contact admissions@idealc.ae for more information or call us on **800 4332 352**



@idea_earlylearningcenter



<https://www.facebook.com/IDEAearlylearningcenter/>

www.idealc.ae



HOW HEARING DEVELOPS IN BABIES

Hearing is a key marker when it comes to how your baby is progressing. By keeping track of milestones, protecting their ears and introducing them to new sounds, you can help your little one flourish.

As one of the five primary senses, hearing is a fundamental part of your baby's development. Through their ears, your little one will experience a plethora of sounds which translate into information about their environment. It's necessary to keep track of the progress of your baby's hearing to make sure that they're developing properly and that there aren't any issues to be concerned about.

AUDITORY MILESTONES

While there are lots of aspects of parenting that can feel scary and unknown, developmental milestones offer a way to track your little one's progress and to see if they are hitting the correct markers at approximately the right time.

Newborns

From the moment they're born, babies are using their sense of hearing to understand and engage with the world around them. In fact, before they're born, little ones can hear certain things from within the womb, including their parents' voices. Of course, they won't immediately be able to understand what all of these sounds

mean. You'll notice how they react to various noises that they experience through their facial expressions and any responses they make. They may become accustomed to your voice and be soothed by it. It's worth remembering that, just because they can't talk to you yet, it doesn't mean that they aren't listening to and communicating with you. So make sure to chat away to your little one as much as possible - they are soaking all of your words in and learning constantly.

Approaching two months

Once your baby is around two months old, they will probably begin trying to make and repeat sounds. This is a great sign as they are practising the building blocks of speech while discovering the sound of their own voice. Your little bundle of joy may begin to respond more to the sound of your voice, and you'll notice them go quiet as they listen attentively.

Four to six months

As babies reach six months of age (how quickly time flies!) they will start to investigate where all the fantastic sounds they hear are coming from. This is a great chance to introduce them to toys that create noise, such as rattles and rainmakers. Babies will spend lots of time shaking these in different ways, learning all the time. Songs, nursery rhymes and simple conversations will help your baby to further develop their hearing.

Seven to twelve months

Coming up to their first birthday, babies will begin to copy the sounds that their parents make. They can make a wider variety of sounds and might even be able to understand some of the context of what you are showing them. For example, if you are holding their toy and talking about it, they'll begin to understand that the noises you are making relate to the object in your hand. These may seem like small things but they're huge steps in your child's developmental journey. After the magical first birthday, babies can often mimic words such as 'mama' or 'dada', and are able to wave goodbye. Not only is it absolutely adorable, it's a wonderful sign that your little one is right on track!

All children are different and the rates of development are as unique as your special little one. So don't worry if your baby



reaches these stages at a slightly different time. However, if you are truly concerned, reach out to your family doctor for advice.

over and over again, but they are often practising making the sound of a word or even a syllable that they've overheard.

BOOSTING HEARING DEVELOPMENT

There is no secret to helping your baby develop their hearing. Nearly every waking moment, they are listening keenly to their surroundings, and often trying to make sounds of their own. While baby talk is adorable, it's important to speak to your little one clearly and using complete words. Some parents think that this is unnecessary, or that normal speech is far too complex for babies to understand.

Conversation is key

The truth is that by speaking properly, you are introducing your child to so many different sounds. Their brains will try to absorb these sounds and in time, your baby will try to replicate aspects of the words they hear. To an observer it may look like they're simply repeating the same noise

Sounds in the wild

Similarly, babies are usually fascinated with their environment. Whether it's buzzing insects, barking dogs, rumbling cars or whooshing aeroplanes, little ones are taking it all in. They may point excitedly and perform their own rendition of the sound that the plane makes as it passes overhead. Engage with your child as they try to make these sounds and feel free to get involved!

Hitting the high notes

Music is a real treat for babies. As with conversation, they'll try to absorb all of the harmonies and their minds will light up from the seemingly infinite array of patterns that songs can produce. Regularly play music to your little one and have family sing-a-longs to introduce them to the wonderful world of music and the variety of sounds it has to offer.



A bedtime story

Bedtime stories are a key part of a healthy evening routine for little ones. Not only do they signal that it's almost time to sleep, they provide a relaxing few moments for your baby to listen to the sounds your voice makes as you read each word.

MIND THEIR EARS

A young child's ears are very sensitive. Their ear canal is much smaller than an adult's and, as a result, the pressure experienced from a sound is much greater than for us grown-ups. In other words, noises are louder for young children than they are for us. We need to be careful with our little ones' ear health.

Noise-cancelling headphones

From concerts or sporting events, to busy shopping malls or family celebrations, babies sometimes have to attend occasions that have unavoidable high volume levels. Noise-cancelling headphones, or earmuffs, act as a buffer from this noise, meaning that your child can engage in the festivities without damaging their ears.

Volume control

Many kids' toys and apps create loud noises to capture their

attention. It's important that we monitor how loud these devices are, or even mute them if necessary. Remember, young children are still exploring the world of sound and may interact with it differently than we would. For example, they might hold the noisy toy right up to their ear to examine it more closely. It's experiences like this that can damage hearing, so keep a close eye (and ear!) on your baby when they're exploring sounds in this way.

Set a good example

As with many aspects of parenting, it's down to us to set a good example for our children to follow. 'Do what I say, not what I do', is a confusing rule for most and as such, we must endeavour to mind our own hearing health. Try to keep the TV volume at a lower level, avoid blasting music too loudly and wear ear protection if using any tools or machinery while carrying out home maintenance. If your baby sees you minding your own ears, they won't have an issue minding theirs.

ONE LAST NOTE

Hearing is a beautiful gift that most of us take for granted. If you have any concerns around your baby's ability to hear, don't hesitate to contact their doctor for a consultation. Helping your child to blossom doesn't have to be all hard work. Have fun with it and enjoy the miraculous milestones as your baby's hearing develops fully.

READY, SET, CHEF WITH AL AIN FARMS!

Say goodbye to the hassle of preparing dinner and spend more time with your kids instead!



Al Ain Farms has introduced 'Cook in the Bag', a new and incredibly handy range of easy-cook marinated chicken, available in five delicious flavours, for hassle-free meals that don't compromise on taste!

Al Ain Farms is one of the largest dairy and poultry companies in the UAE, providing 9 million broilers and 120 million eggs annually. Locally produced, they are constantly innovating their offering to provide the best quality to their consumers.

The new entry in their chicken portfolio is 'Cook in the Bag', a range of oven-ready, marinated chicken options, which cook in the bag in just 45 minutes, at 180 °C. Cooking chicken has never been easier, as you only need to follow these four easy steps:

- Preheat your oven at 180 °C
- Remove the bag from the box and dispose of the box
- Place the 100% oven-safe bag on a cooking tray and put it in the oven
- Cook for 45 minutes at 180 °C

It really is as easy as that!

Besides being super straightforward and ultra-convenient, all the juices released during cooking stay within the bag, meaning your chicken comes out perfectly cooked and wonderfully juicy! 'Cook in the Bag' saves busy parents time and effort, while providing welcome variety to your family's mealtime. The brand has developed five different recipes with the help of their go-to chef. These are Peri Peri, Garlic Pepper, Mediterranean, Teriyaki and Smoked BBQ - so there will definitely be something that suits everyone's tastes!

As mothers are always busy taking care of their family and handling an ever-growing list of tasks, 'Cook in the Bag' is the perfect aid to free up time to spend on other activities. While the chicken is cooking, you can enjoy quality time with your nearest and dearest, or have some much needed time to yourself, without having to compromise on the quality and taste of the food you bring to your family's table.

'Cook in the Bag' is locally made, Halal, raised cage-free, antibiotic-free, hormone-free and extra fresh - delivered from farm to shop in just twelve hours!

We hope you love Al Ain Farms 'Cook in the Bag' as much as we do!



A NUTRITIOUS OPTION FOR YOUR LITTLE ONES

We explore the benefits of Camelicious products for babies and toddlers.

In the ever-evolving landscape of baby and toddler nutrition, parents are constantly on the lookout for wholesome and nourishing food and drink options that contribute to the overall wellbeing of their little ones. Enter Camelicious, a brand that is making waves in the market with its innovative range of products derived from camel milk. Let's take a look at exactly how Camelicious products might offer a myriad of benefits for the health and development of babies and toddlers.

The Camelicious difference

Camelicious stands out from the crowd by harnessing the nutritional powerhouse that is camel milk. Sourced from the pristine lands of the UAE, Camelicious ensures that the milk used in their products is of the highest quality. This commitment to quality starts right at the source, guaranteeing a nutrient-rich foundation for their entire product line.

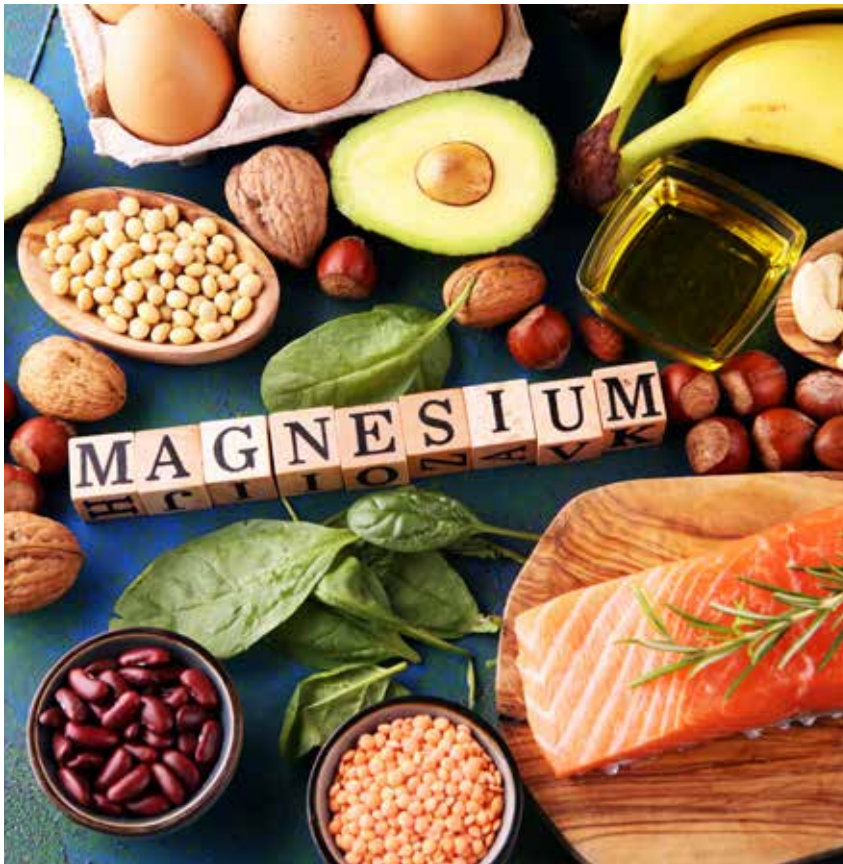
Good for little ones

One of the key factors that makes Camelicious products an excellent choice for the littlest members of your family is the natural composition of camel milk. Unlike cow's milk, camel milk contains a different protein structure, making it easier for tiny tummies to digest. This is especially beneficial for babies and toddlers who may experience sensitivity to traditional dairy products.

Camelicious offers a range of baby-friendly products, including camel milk Growing Up formula, a stage 3 baby formula based on premium camel milk for children from 1 year and above. They also offer camel milk-based snacks, such as camel milk ghee, laban and family-friendly flavoured drinks, all especially crafted to meet the unique nutritional needs of growing infants and toddlers. These products provide a gentle introduction to the goodness of camel milk, ensuring that your child receives essential nutrients without any unnecessary additives.

THE ROLE OF MAGNESIUM FOR POSTPARTUM MOTHERS

Navigating the postpartum period can be both exhilarating and challenging for new mothers. Through the joys and the adjustments, prioritising your nutrition is of paramount importance, and this includes magnesium!



Magnesium is a super mineral that supports a variety of functions within your body. These include extracting energy from food, regulating muscle and nerve function, maintaining healthy blood sugar levels, and also making protein, bone and DNA. It is widely known as a wonderful remedy for poor sleep as it helps your body relax into a deeper slumber.

Magnesium is a major mineral, meaning we need greater amounts of it than other trace minerals, such as iodine or selenium. The

recommended daily amount for women is 310-320 mg, but this rises to 400 mg during pregnancy and remains high, at 360 mg per day, for postpartum and breastfeeding mothers.

NATURAL SOURCES

So, with this in mind, if you are a new mother, or simply looking to increase your magnesium intake through food, here are some great dietary sources to consider.

Dark chocolate

It's not often that a delicious treat (in moderation of course!) is also healthy. Dark chocolate has a number of health benefits, one of which is that it is a rich source of magnesium, providing 65 mg in a 28 gram serving. Additionally, it packs an antioxidant punch, being full of flavanols, antioxidants linked with lowering heart disease, and polyphenols, which protect against inflammation.

Avocados

You can get a whopping 58 mg of magnesium from a humble avocado, making it a wonderful way to eat your recommended intake! These tasty fruits are also strong sources of potassium, B vitamins and vitamin K, as well as heart-healthy monounsaturated fat. To top it off, avocado will also provide you with a great dose of fibre - an all-round superfood!

Nuts and seeds

A fantastic, portable snack, nuts and seeds make a highly nutritious addition to your diet! For example, a 28 gram serving of cashews will give you an astounding 83 mg of magnesium!

Here are the nuts and seeds that have the most magnesium:

- Brazil nuts
- Chia seeds
- Cashews
- Almonds
- Pumpkin seeds

Nuts and seeds are also good sources of protein, healthy fats, fibres, vitamins and minerals. The fat they contain is unsaturated, meaning these tasty snacks can also provide protective effects against heart disease and diabetes.

Legumes

When we say 'legumes', we are referring to a family of high nutrient plants that include lentils, beans, chickpeas, peas and soybeans.

These plants have a lot of nutritional power, particularly when it comes to magnesium. For example, a cup of cooked black beans will give you 120 mg of this wonder mineral.

On top of this, legumes are hugely versatile, working in many different kinds of meals, and they make for a great source of plant-based protein.

Whole grains

Grains and pseudocereals, such as wheat, oats, millet, rye, buckwheat and quinoa, are excellent sources of magnesium.

One slice of whole wheat bread will provide 27 mg of magnesium, a normal serving of cereal should give you approximately 85-95 mg and a half cup of cooked quinoa will offer around 60-65 mg of this essential mineral.

An easy way to incorporate these into your diet is to focus on swapping white bread and pasta for their whole grain counterparts, and to consider sneaking a serving of oats into your day, through homemade granola, smoothies or porridge.

Many whole grains are also high in B vitamins, selenium, manganese and fibre. Studies have indicated that whole grains may even reduce redness, swelling and inflammation within the body, and lower risk factors for heart disease.

Leafy greens

Leafy greens, such as kale, spinach, mustard greens and Swiss chard, are well-known for being incredibly healthy. Happily, they are also rich sources of magnesium, making them invaluable additions to any postpartum diet. These nutrient-dense greens not only provide a substantial dose of magnesium, but also offer an array of vitamins, minerals and antioxidants, such as iron, manganese, and vitamins A, C and K - all of which are essential for maternal health. Incorporating leafy greens into salads, stir-fries or even smoothies can effortlessly boost your magnesium intake, aiding in proper postpartum recovery and a boosted sense of overall wellbeing!



Bananas

Bananas are a convenient and delicious way to increase magnesium intake for postpartum mothers on the go. With their natural sweetness and creamy texture, bananas are an excellent snack option to satisfy any cravings, while also providing a significant source of magnesium. Whether enjoyed on their own, blended into smoothies or sliced over oatmeal, bananas offer a quick and portable solution to replenish magnesium levels and support maternal health during the postpartum period.

BENEFITS OF MAGNESIUM POSTPARTUM

Magnesium plays a big role in supporting postpartum mothers through various physiological and emotional challenges. Firstly, magnesium aids in muscle relaxation, which can alleviate postpartum cramping and promote better overall physical comfort during recovery. Additionally, this mineral contributes to energy production, combating fatigue and enhancing vitality during the demands of those first precious (but exhausting!) months. Moreover, magnesium is closely linked to mood regulation and stress management, helping to mitigate

the spectre of postpartum depression and anxiety. Magnesium lowers stress and tension in the body, as it influences our neurotransmitters and soothes the nervous system. By supporting these essential functions, magnesium is a wonderful mineral to give your body for a smoother transition into motherhood, with better energy, physicality and a clearer mental headspace.

Here are some specific benefits:

- Enhances sleep quality
- Alleviates muscle tension
- Supports bone health for breastfeeding mothers
- Relieves muscle cramps
- Aids in regulating digestion
- Reduces neck and back tension

It's clear that magnesium is indispensable during the transformative postpartum period. With the recommended daily intake elevated for new and breastfeeding mothers, incorporating magnesium-rich foods into your diet is incredibly important. By eating more of the many foods we've discussed, you should be able to add to your intake of this super mineral in lots of simple ways!

PARENTING



How sign language helps your baby communicate; nature-based craft activities; getting your child ready for teenagehood and more!





PREPARING YOUR CHILD FOR THEIR TEENAGE YEARS

As children edge closer to becoming teenagers, it can bring up a vast array of fears and questions for parents. Let's see what you can do to prepare.

Aside from some troubled times with toddlers, the teenage years are renowned for being the most challenging stage of raising a child. For parents and children alike, this can be a turbulent time filled with changes, arguments and general disharmony.

It doesn't necessarily have to be this way though, and there are steps you can take to make the whole situation easier. One fear in particular that many parents of teenagers experience is that their teen will sense that they are unsure how to proceed with parenting. This lack of certainty can bring about instability and put real pressure on positive family dynamics. A proactive approach in order to prepare for the upcoming challenges is advisable. Every household will experience an adjustment and settling period at the very least, due in no small part to the massive hormonal changes the child is going through. Let's take a look at what you can do to ferry your family safely across the choppy waters of this developmental stage.

START WITH THE BASICS

While they're far from adults, teenagers aren't the same as younger children. They are more capable, seasoned and hungry for new experiences. Trying to treat them exactly the same as a younger child will often lead to friction. It's natural for teens to try to push the boundaries of what you will allow. In fact, this is a healthy part of their development.



Don't dissolve all of the rules, simply expand them to suit the kind of life that teenagers live. They will want to socialise and they're entitled to do that. Sit down with them and agree on core rules such as how long they can stay out with their friends and where they can go. Try not to just present these updated rules to your child without their input, as they're more likely to bend, break or even outright reject them.

Parenting isn't a black and white process. These rules should be upheld the majority of the time but there should also be some room for changes. Nobody can live an enjoyable life without breaking a single rule and we shouldn't expect our teens to be any different.

If there is a special event that falls outside their usual curfew, for example, consider allowing them to go. You could even have an agreed upon number of special outings per month where your teenager doesn't have to abide by the rules as strictly. In these circumstances, there should however be an agreed rule about when they are due home, as opposed to leaving it as a completely open-ended arrangement.

RESPECT THEIR INDEPENDENCE

Teenagers will naturally begin to look for ways to increase their own independence. While this a normal step that mirrors their increased ability, they don't always understand what they're capable of and what they'll need help with. Here you can step in, offering them increased independence in certain areas that are safe to do so, while keeping the more strict rules in place where you know they're not quite ready to operate alone. Making their own lunches or walking to school with their friends might be ways in which they can express their independence. Whereas going out all weekend and doing whatever they please is probably a step too far. Identify the areas that your soon-to-be-teenager will succeed with some more independence and guard them against becoming overwhelmed or even getting themselves into trouble.

LET THEM TALK

All parents think that they know what's best for their teen and, for the most part, they do. Every individual is unique and has their own



needs, and your child is no different. One of the very best things that you can do is to push against your urge to tell your teen what to do and instead to give them space to express themselves. Foster a safe space for them to speak their mind freely, albeit respectfully, and they will be far less likely to keep secrets from you.

Make a point of regularly sitting down with your child to speak openly with them. Encourage them to share their thoughts, feelings, hopes and dreams. This is a wonderful opportunity for you to keep up to date with the multitude of changes they're going through, social environments they may be trying to weave their way through and anything else that's on their mind. Your teenager's mind doesn't have to be a locked door to you. If you're honest, gentle and loving with them, they may just hand you the key.

GET SOCIAL MEDIA SAVVY

Social media is a core aspect of being a teen these days and there isn't really a way around it. It serves as the source of so much of their social life, their entertainment and sometimes even their education. Alongside any positives, there is a catalogue of well-documented negatives, whether it be cyberbullying, a negative impact on mental health and even more dangerous forces.

Completely banning social media is likely to do more damage than good to your teenager, particularly if they get a lot of joy from it. Firstly, educate yourself on what apps they're using, how they work and what their uses are. Then you can have a conversation with your teen while being up to speed on the topics you'll be discussing. Most teens are reasonable and will understand that these apps have the potential for bad as well as good. One solution that works for many parents is impose a time limit on their teen's phone use. As with screen time, this limit allows your child to enjoy themselves and catch up with their friends but it prevents it from dominating their life.

AVOID HOVERING

Giving our children the extra freedom they need can be challenging. Feelings of anxiety and fear around losing control are common. When you do decide the time is right to pass over certain responsibilities to your teen, take care to do so with no catches. That is to say, if you're going to allow them to prepare their own meals, don't stand at their shoulder watching their every move. Give them the space to do it themselves, safe in the knowledge that they can call you for help if they run into trouble.

The same applies to socialising. If you choose to allow them more freedom in this area, try not to dictate their calendar or inject yourself into the situation. Again, let them know that you are there to support them and to help in any way you can. You're simply taking a step back and watching on from the sidelines.

THE BIGGER PICTURE

Your precious child turning into a beautiful, mature (and sometimes rebellious!) teenager is a part of parenting that is to be celebrated, not feared. Yes, there will be challenges but you have what it takes to guide them through this process safely. There are plenty of aspects to be prepared for, and potential pitfalls to leap over. The main takeaway is this - keep your eyes on the bigger picture. Your teen will inevitably make mistakes, overstep boundaries and argue with you. That's just another part of the journey. Maintain your focus on fostering a loving, communicative relationship with them and all will be well.





CRAFTING WITH NATURE

Here are four exciting, nature-based DIY activities to enjoy with your children, perfect for spending quality time together away from screens.

In a world dominated by screens and gadgets, there's a growing movement among parents to find ways for their family to connect with nature and also to foster non-digital creativity in children. Crafting with natural materials is the perfect opportunity to do just that! It's a fun and educational way to explore the wonders of the natural world and you don't need to be an arts and crafts person to try this with your little ones! From leaf-print artwork to rock painting, there are plenty of exciting DIY projects that you and your children can enjoy together. Let's take a look!

LEAF-PRINT ARTWORK

Leaf-print artwork is an easy, yet enchanting project that children of all ages can enjoy. It's a wonderful way to introduce them to the beauty of nature, while also encouraging their artistic expression in an accessible way. Start by taking a walk outdoors and collecting a variety of leaves with interesting shapes and textures. Look for leaves that are flat and sturdy, such as those from almond or eucalyptus trees.

Once you've gathered your leaves, it's time to get creative! All you'll need is paper, paint

and brushes - so simple! You can help your children apply a thin layer of paint to the underside of the leaves, then press them onto the paper to create beautiful botanical prints. It's good to encourage them to experiment with different colours and combinations to see what unique creations they can come up with!

Leaf-print artwork is a fantastic way to spark conversations about nature and the changing seasons. You can use the opportunity to teach your children about the types of trees in your area and the role that leaves play in the ecosystem around us. When everything

is dry, it's a nice idea to frame your child's finished masterpieces and display them proudly in your home!

ROCK PAINTING

Rock painting is another fantastic activity that children will love. It's a chance for them to unleash their creativity and turn ordinary rocks into works of art. Start by going on a rock-hunting expedition in your local area - look for smooth, flat rocks together that will provide a good surface for painting.

Once you've found your rocks, set up a painting station together with acrylic paints and brushes. Encourage your children to let their imaginations run wild as they decorate their rocks with colourful designs, patterns and even inspirational messages - in fact these make perfect little personalised gifts for special occasions or family birthdays. Alternatively, once the paint has dried, you could head outside and hide your painted rocks in parks, gardens and other public spaces for others to find, for an easy way to spread joy and creativity in your community. Who knows - you might even stumble upon some painted rocks left by other families during your adventures!

PRESSED FLOWER ART

Pressed flower art is one of those truly timeless activities that children will find fascinating. It's another great chance for them to learn about the natural world and create beautiful compositions using flowers and foliage. Once again, begin by going on a nature walk and gathering an assortment of flowers and leaves, choosing ones with vibrant colours and interesting shapes.

Back at home, help your children arrange the flowers and leaves between sheets of absorbent paper. Place a heavy object on top to apply pressure and leave them to dry for a few days. Once the flowers are pressed, your children can get creative by arranging them on paper or cardstock to create stunning floral designs, bookmarks, notebook covers and whatever else they can think of!

NATURE-INSPIRED JEWELLERY

Nature-inspired jewellery making is a wonderful way to combine creativity with a love for the outdoors. It's a chance for children to create wearable works of art that make them feel extra special about their outfit.



Start by going on a lovely family walk where you can collect small branches, feathers, leaves, shells and stones to work with. For this activity, all you'll need are some jewellery findings, glue and string. Help your little ones transform their natural materials into beautiful pieces of jewellery, such as leaf pendants or stone earrings. They'll love being able to wear their creations and show them off to their friends and other family members.

Nature-inspired jewellery making is a fantastic way to encourage children to appreciate the beauty of the natural world and the creative satisfaction that comes from reusing and repurposing things into something new. You can use the opportunity

to talk about the different materials they've used and where they came from. You never know, you might inspire a lifelong love of customising their fashion and accessories!

Crafting with nature is a really easy way to spend quality time with your children, while also fostering their creativity and appreciation for the world around them. Whether you're painting rocks, pressing flowers or making jewellery, these activities are sure to create lasting memories and give little ones confidence at trying something new and using their creativity - things that can benefit them for years to come. So roll up your sleeves, gather your materials and get ready to embark on some exciting DIY activities with your little ones!

DISCUSSING THE IMPORTANCE OF EID AL-FITR WITH VERY YOUNG CHILDREN

Eid al-Fitr is not only a time for spiritual reflection and celebration, but is also a unique opportunity to help very young children deepen their understanding of this special occasion.



Eid is a joyous and significant holiday celebrated by all Muslims around the world. It's a time of unity, family gatherings, feasting and reflection. Whether you're a seasoned parent or new to discussing cultural traditions with your little ones, finding the right words to convey the importance of Eid can make it even more meaningful for your family, including your very young children.

START AT THE BEGINNING

It's good to start with the basics when chatting to particularly young children, ensuring that they fully understand that Eid is a very special holiday that marks the end of the month-long fast for the Holy Month of Ramadan. It can be good to discuss how fasting is a beautiful opportunity to focus on the lifelong lessons of compassion, gratitude and self-discipline, enriching each person's relationship to Allah, as well as to others.

THE SIGNIFICANCE OF EID AL-FITR

Eid al-Fitr is one of the most important days in the Islamic calendar. It marks the end of Ramadan and is a time for Muslims to give thanks for the strength and perseverance they have shown during the month of fasting. In an age-appropriate way, try to convey to your youngest family members that Eid al-Fitr is a celebration of spiritual renewal, unity, good will and gratitude, where families come together to pray, eat delicious food and give each other gifts.

Children are naturally curious about traditions, so take the time to discuss the customs and rituals of Eid with them, such as the significance of performing the Eid prayer at the mosque, wearing new clothes and giving to charity.

GENEROSITY AND COMPASSION

Eid is not just a time for celebration; it's also an opportunity to practise essential values, such as generosity and compassion. Talk to your children about the importance of giving to those in need during Eid al-Fitr, whether through Zakat al-Fitr or by volunteering in the community. You could even encourage them to think about ways they can make a positive impact on others during the holiday season.

WORK TOGETHER

Learning about Eid doesn't have to be a passive experience - make it interactive for your children by incorporating hands-on activities and creative projects. Bake traditional Eid treats together, such as maamoul or sheer khurma, and involve them in decorating the house with colourful banners and lights.

CELEBRATING AS A FAMILY

Finally, the best way to help very young children understand the importance of Eid is to celebrate it together as a family. Create your own Eid traditions and rituals that reflect your household's values and beliefs. Whether it's preparing a special Eid breakfast, or visiting specific relatives or neighbours, the memories you create together will stay with your children and bring them closer to their own culture.

With a little thought, openness and creativity, you can help young kids develop a deeper understanding and appreciation for this special time of year. By discussing the importance of Eid in a way that is accessible and engaging, you can help them deepen their experience during this joyous season of celebration!



THE SEVEN CORE SIGNS TO TEACH YOUR BABY

Sign language is an incredibly useful skill to teach your baby. Let's take a look!

Though it has been around for years at this stage, baby sign language is still an underappreciated method for communicating with your little one. As babies move through the phases of sounding everything out, understanding what they actually want can become confusing. Baby sign language is a way to clear up this communication while your child is still learning how to speak. It enables them to tell you how they're feeling and ask for something they need, while hopefully avoiding the feelings of distress (and the accompanying tears) when they can't get their message across.

Frustration is one of the main reasons that babies burst into tears and begin to wail. Many parents report a reduction in flare-ups and tantrums when they incorporate baby sign language into their household. Similarly, lots of mothers feel more in control when using signs, as they can truly understand how their little one is feeling, instead of trying to decipher a barrage of cries. Sign language is obviously not to be relied on forever but it provides a foundational approach to interacting with your child, especially while they're still getting to grips with speech.



Baby sign language is based on traditional sign language, with the focus being on words that are relevant to young children. Some parents fear that using sign language will stunt their little one's development but the evidence points to the contrary. Research suggests that children who learn to communicate in this way often start to speak earlier than their counterparts.

GETTING STARTED

A great time to introduce your baby to signing is just after they reach six months of age. This is an exciting milestone and marks a big step in their development. It is around this age that most children become more interested in communicating with others, and so it's the perfect time to equip them with the tools to do so.

Start slowly

Teach your baby no more than a couple of signs at one time - otherwise they may get

overwhelmed and confused. Once they are able to communicate using one or two signs, then you can progress and introduce another one. This steady, staged approach will keep challenging your baby while giving them ample time to learn this new skill.

In order to actually teach your little one a new sign, you need to perform the sign yourself while repeating its meaning verbally. When a suitable situation arises, and there is context for you to communicate this new sign, slowly perform the gesture and say the accompanying word or phrase clearly. Do so a few times to help cement the connection between the sign and the statement.

Practice makes perfect

Remember, this is a process that requires patience. It might take six months for your baby to absorb this information and begin to sign back to you. At first, they may not quite get the motion right, or produce a jumble of two or three signs at once. Gentle encouragement and perseverance will enable

your little one to sign clearly to you, opening up a channel of communication that can make figuring out your baby's needs a whole lot easier!

SEVEN CORE SIGNS

With all of this in mind, let's take a look at the main signs you can teach your little one to help them express their thoughts and feelings to you.

Love

There might not be anything as pure as a baby's love. Without words, it can be difficult for little ones to express this powerful emotion. The sign for love is a heartwarming one that you can easily teach to your child. Clench your fists and cross your arms over your chest so that your right fist is resting on your left collarbone, and your left fist is resting on your right collarbone. Finally, squeeze and shrug your shoulders as if you're giving yourself a hug.

Pick me up

Babies often want to be picked up, whether it is for some cuddle time or simply because they want to get out of their seat for a change of scenery. Signing 'pick me up' is very straightforward - just hold one hand in front of you and point up. It can be difficult to discern if your child is happy where they are or if they want to be lifted up and held. This sign will help them to communicate this need to you.

Play

Play time is the best time! The sign for play might seem familiar, as it's one that is synonymous with surfing and Hawaiian culture. Extend the thumb and the little finger of both hands and shake your hands forwards twice, almost as if you're shaking water from them. To teach your baby this fun sign, perform it each time you say "Let's play!" or something similar. Soon, they'll be signing it back to you when they want to play.

Milk

Knowing when your little one is beginning to get hungry can feel like a parental superpower. Teaching your baby the sign for milk will help them to let you know that they're hungry before the tears come. This is an easy, one-handed sign where you clench your fist in front of you, as if you're milking a cow or squeezing a ball. It's not unusual for babies to learn this sign a little more quickly than the others as it's simple and comes with the immediate reward of being fed!

More

Teaching your baby how to sign 'more' will help you to understand their appetite and how much play time they need among other things. Imagine how difficult life would be if you couldn't express how much of something you wanted, and if it was entirely in someone else's control. To perform the sign for 'more', bring all four fingers to meet the tip of your thumb on each hand. Then turn your hands to face each other and gently tap them together. Babies may initially struggle with this sign due to a lack of dexterity, and it may look like they're clapping but that's okay. You'll understand what they mean and they will get the hang of it before long.



Change diaper

'Change diaper' is perhaps the most complex of these core signs. However, babies tend to be pretty quick to learn it as they want to get out of their dirty diaper as soon as possible. Each time you change your baby, show them this sign as well as saying 'I'm going to change your diaper.' They will soon associate the action, the statement and the sign, and they will eventually be able to sign it to you when they need to be changed. To perform this sign, hold your right hand in a fist, palm facing upwards, with your index finger partially extended, almost like a hook. Make the same shape with your left hand, and place it facing down on top of your right fist. Then swap the position of your two hands so that your left fist is on the bottom facing upwards and your right fist is on top.

All done

Similar to 'more', learning how to express 'all done' is a hugely helpful skill for babies.

For parents, it's so reassuring to know that their little one is finished with an activity or has eaten enough food before moving them on from it. To let you know that they're 'all done' your baby will have to hold both hands in front of themselves, with their palms facing their chest. Then, they will flick their hands around so that their palms face you.

A WORTHY INVESTMENT

Baby sign language is an excellent skill for you to teach your little one. Not only will it enable them to communicate more clearly with you, it will reduce the amount of frustration they feel from being misunderstood. As with all good things, it takes time, patience and practice but it will certainly result in your precious baby being able to express themselves better and it'll contribute to a more harmonious home.

EDUCATION



We delve into how AI is revolutionising your child's education, as well as navigating special educational needs.



AI TOOLS: EMPOWERING CHILDREN FOR ACADEMIC SUCCESS

Over the next few months, Mother Baby & Child is preparing a special report to look into how AI tools are revolutionising the educational landscape for children in the UAE.



In today's digital world, the integration of technology has become increasingly important for every child's education. The upside to technology is that it can make things faster and more efficient. While this is true, it is also important to keep up with the speedy pace and ever-evolving tools available to us - and our children.

The most up-to-date technology is now offering new opportunities to enhance learning experiences for UAE school students of all ages. Among these technological advancements, Artificial Intelligence (AI) tools stand out as powerful resources that can significantly benefit a child's education. The ways AI can achieve this are:

- By promoting ease of learning
- By fostering a real enjoyment of learning in children
- By helping to boosting test practice - and therefore test results
- By improving their overall academic achievements

HOW AI IS SUPPORTING LEARNING OUTCOMES

AI is a much-discussed topic right now, but there is a lack of information available as to how it can boost your child's academic experience. Let's take a closer look.

Personalised learning experiences

AI tools have the capability to tailor learning experiences to individual students' needs and preferences.

Personalised learning is wonderful because it means that children receive instruction at their own pace, enabling them to grasp concepts more effectively. By adapting content and activities to match students' skill levels and learning styles, AI tools will promote a deeper understanding and engagement with various educational materials in every child.

Accessibility and inclusivity

AI tools can address a huge diversity in learning needs and accommodate students with disabilities or special learning requirements. Through features like text-to-speech, speech recognition and captioning, AI tools make educational content more accessible to a wider range of learners. Overall, this inclusivity fosters a supportive learning environment where all children can thrive and succeed academically.

Interactive learning

AI-powered educational games and platforms offer interactive and immersive learning experiences that captivate children’s interest in a fresh, modern way. By incorporating elements of gaming, such as rewards, challenges and progress tracking, AI tools make learning fun and enjoyable for kids. Engaging with AI tools in a playful manner also encourages their active participation and sustains children’s motivation to learn.

Real-time feedback and help

AI has the ability to provide instant feedback to students, helping them identify their areas of strength and areas that need improvement. Through adaptive algorithms,

these tools can offer targeted support and personalised recommendations for each child’s further learning. Real-time feedback is a great way to foster a growth mindset in little ones, encouraging children to persist in their efforts and take ownership of their learning journey.

Test preparation and performance

AI can be used to assist children in preparing for tests and assessments. They do this through offering practice questions, quizzes and simulations. By analysing students’ performance data, AI tools are also able to identify areas of weakness and provide targeted interventions that will absolutely improve children’s test results. Through consistent practice and feedback, young learners can build up confidence in their abilities and ultimately, achieve better academic outcomes.

Augmented teaching and learning

AI tools empower schools with valuable insights and resources to enhance their teaching practices. By automating the administrative tasks and providing data-driven recommendations, AI can enable teachers to focus more on giving

personalised instruction and support for their students. Augmented teaching and learning is an emerging opportunity to create greater collaboration and communication in the classroom, creating a stronger teacher-student relationship and a better environment for academic success.

OUR CONCLUSION...

At Mother Baby & Child, we believe that AI tools have the potential to revolutionise children’s education, by promoting ease of learning, more enjoyment in learning, boosting test results and improving children’s overall academic achievements.

We envision AI allowing personalised learning experiences, enhancing accessibility and inclusivity, offering interactive and engaging learning opportunities, delivering real-time feedback and support, preparing children for tests and augmenting teaching and learning practices, to empower children to reach their full potential academically.

As UAE schools continue to harness the power of AI in education, it is important that parents also ensure that children have access to these transformative tools and opportunities, to pave the way for a brighter future in a changing world.

WIN Prizes with our 1-Minute Parents’ Survey! Entries close 26th April

“Is your child’s school preparing them for future AI and tech jobs?”

- Take our quick 7-question survey
- Simply answer YES or NO
- And we’ll enter you into the draw to win prizes!

Mother Baby & Child is asking for your opinions in an important Parents Survey to find out more about how UAE schools are preparing our children for the jobs of the future.

Your opinions are important

As parents, you’re raising our future, and that means you represent the most important group of adults in the UAE. By giving us your feedback on how your child’s school is preparing them for the AI / Tech world of the future, you can help make a difference in how the school supports your child’s education now.

To enter, go to: MotherBabyChild.com can click on any of the AI in Education articles!

FOUR WAYS ARTIFICIAL INTELLIGENCE CAN TRANSFORM LEARNING

Integrating AI into education in the UAE is an emerging trend that is reshaping the dynamics of student learning. Here, we look at some of the ways this is starting to happen.



Through harnessing the capabilities of artificial intelligence, teachers and students alike are experiencing faster and better outcomes. AI facilitates smarter learning by allowing students to tailor their educational experiences to their unique learning styles, along with giving kids access to more information to help their comprehension of new information. Here, we look at the ways AI is revolutionising education.

PERSONALISATION

In the realm of education, personalised learning experiences are no longer a distant dream, but a tangible reality, thanks to the advent of AI. Imagine a world where each child's unique strengths and weaknesses are fully analysed, to create bespoke learning strategies. With AI, this vision becomes a practical approach, ensuring that every student receives tailored support to maximise their academic potential. Such personalised experiences not only prevent students from falling behind, but also help

to ignite a lifelong passion for learning within them, laying a solid foundation for their future success.

ENGAGEMENT AND MOTIVATION

Keeping students engaged and motivated is a perpetual challenge for educators, but AI can be a welcome ally in this pursuit. Through sophisticated algorithms, AI crafts interesting and individualised ways of teaching information, planting the seeds for a sense of involvement and excitement in the classroom. Real-time feedback, interactive learning activities and opportunities for peer collaboration all come together to create an environment where students are not just passive recipients, but active participants in their educational journey. In today's digital age, where distractions are greater and more accessible than ever, AI-driven strategies in education could be exactly what this generation needs to achieve their academic potential.

DETECTING LEARNING GAPS EARLY

Identifying and addressing learning gaps early on is massively important for keeping kids on track with their schoolwork. It's much better to address any areas of weakness as quickly as possible, to avoid the gap in their knowledge growing. Here, AI could play a pivotal role, by analysing each student's performance data to pinpoint their specific areas of difficulty. By offering these targeted interventions and adapting their solutions accordingly, educators can bridge these gaps really effectively, so that no student is left behind. With AI-enabled tools at their disposal, teachers can spot areas for improvement quicker than ever, and tackle any gaps head on, thereby laying the groundwork for children's academic success!

BOOSTING TEACHERS' PRODUCTIVITY

Beyond benefiting students, AI also revolutionises the teaching landscape, by enhancing teacher's own productivity. Automated grading systems, personalised lesson planning tools and real-time data analysis will all help to streamline the administrative tasks that come with teaching, freeing up valuable time for educators to focus on what truly matters - teaching our kids!

In essence, the integration of AI into education represents a paradigm shift, ushering in a new era of personalised learning and teaching that is sure to influence the job market that today's children will eventually enter into. The more schools embrace these technological advancements, the greater the horizon of possibilities is for children in education - perhaps even heralding a future where learning knows no bounds.



ARE KIDS USING AI TO DO THEIR HOMEWORK?

ATTEND OUR INFO EVENT TO HEAR THE EXPERTS TALK ABOUT IT!

Amongst the many benefits, the integration of artificial intelligence (AI) in education means addressing the issue of students using AI to misuse the technology. Here are some discussion points that we'll be taking a closer look at in the next issue and at our next free breakfast event!

There is an increasing trend of students using AI-powered tools to help them in writing their homework assignments. While this can provide a host of benefits, it also raises concerns about the ethical use of AI and the potential for academic dishonesty in a child's school work.

Here we explore the tools and strategies to help manage usage of AI among students and next month, we'll be inviting you to join a free-to-attend event where the experts discuss these issues in more detail - and answer YOUR questions!

ISSUES WITH STUDENTS USING AI

Let's dive into the main problems that can come up when students integrate AI into their work.

Using AI to write homework assignments

When used appropriately, AI can help students become more efficient in completing their homework. AI can even offer ideas and perspectives that they might not have thought of, which saves them research time and encourages kids to think critically. However, if students rely heavily on AI to do all the work for them, it undermines the integrity of the education system and can ultimately encourage intellectual laziness, and potentially hamper a students' critical thinking and comprehension abilities.

Cheating

The currently available AI plagiarism detectors do not always do a perfect job of

differentiating human content from AI-generated content. In our free-to-attend event, we'll be asking the experts to expand on this more! If this is a concern for you as a parent, make sure you pre-register to attend!

Misinforming school students

AI chatbots like Bing AI and Google Bard have access to the Internet and are able to provide users with up-to-date information. But at the same time, AI is still not a validated and completely trustworthy source. This is because AI is trained using a vast amount of data from the Internet, some of which cannot be relied upon as coming from validated and credible sources.

And this is a worrying concern for educators, as it can lead to misinformation and prevent school students from benefiting from accurate knowledge and facts on their study topics.

ADDRESSING THE ISSUE...

Awareness Campaign: 'AI in Education in the UAE'

As part of our awareness campaign over the summer months, we are looking in great detail at the products, schools and experts on the topic of AI in Education in the UAE.

Take the 1-Minute Survey on AI Usage at Your Child's School

We are currently running a 1-minute survey for parents to establish how well schools communicate with you about how much your child currently engages with AI tools at school. Please take 1 minute to fill in the survey - you'll see the article about it on our website...and we'll enter you into the draw to win some great prizes!

Register to attend our 'AI in Education in the UAE' event!

The breakfast event is free to attend and we'll be inviting educators and experts on AI in education to discuss the issues in this article - as well as answering YOUR questions. See the website for details!

Visit www.motherbabychild.com to register and answer the survey!

NAVIGATING SPECIAL EDUCATIONAL NEEDS



Navigating the educational journey of a child with special educational needs (SEN) can be both rewarding and challenging for parents. From understanding their child's unique requirements, to accessing the appropriate support services, the road ahead may seem daunting. However, it's important to know, you're not alone! With the right resources and support, children with special educational needs can receive the best possible education, thrive in their learning environment and reach their potential!

UNDERSTANDING SPECIAL EDUCATIONAL NEEDS

Special educational needs encompass a wide range of learning difficulties, disabilities and developmental delays that require additional support in education. These may include conditions such as

dyslexia, autism spectrum disorder (ASD), attention deficit hyperactivity disorder (ADHD), and physical disabilities, among others. Recognising and understanding your child's specific needs is the first step towards accessing the appropriate resources and support.

PROFESSIONAL GUIDANCE

One of the most valuable resources available to parents of children with SEN is the support of educational professionals. Teachers, special education coordinators and educational psychologists play a crucial role in identifying and addressing the needs of these children. Establishing open communication and collaboration with these professionals is the way forward to making sure that your little one's needs are understood and accommodated within their school setting.

USING TECHNOLOGY

Advancements in technology have led to a wealth of assistive tools and resources designed to support children with SEN in their learning journey. From text-to-speech software for dyslexic learners, to communication apps for non-verbal children with ASD, assistive technology can help bridge the gap and enhance accessibility in education. A simple way to start is to simply investigate the range of assistive technology options available, and then start to explore how they can support your child's learning needs.

THE ROLE OF COMMUNITY

Parenting a little one with SEN can sometimes feel isolating, but you're not on your own! Meeting other parents who are on a similar journey can provide invaluable guidance and encouragement, especially on tough days. Local support groups or online communities are good places to try and connect with other parents, exchange practical advice and emotional support, as well as share your experiences.

THE SIGNIFICANCE OF SELF-ADVOCACY

As your little one grows and matures, it's really important to empower them to become advocates for their own educational needs. Wherever you can, try to encourage their self-awareness and self-advocacy skills by involving them in discussions about their SEN, helping them understand their strengths and challenges, and teaching them how to articulate their needs effectively. By fostering independence and self-advocacy, you'll equip your child with the essential skills they'll need to stand up for their educational requirement.

Navigating special educational needs requires patience, resilience and a proactive approach. By using the available resources fully, collaborating with professionals and gathering a 'tribe' of families on a similar journey, you can ensure your child receives the necessary support they need to be the best version of themselves in a school setting.

MAKING FRIENDS AT SCHOOL

All parents want their children to be confident and to have a group of loyal friends. For kids who find this difficult, positive, hands-on parental support will help them succeed.



For many parents, having a child that struggles socially is one of their worst nightmares. We do everything that's in our control to take care of them but the obstacle course that is navigating social structures can be a daunting challenge. Finding the best path to help your little one make friends is a hugely impactful aspect of parenting.

Every child needs, and deserves, a core group of trusted and loyal peers, yet not all kids are naturally sociable. The good news is that social skills can be learned and developed, meaning that even the most shy child can develop close bonds and friendships. This isn't about becoming the coolest kid in the class or winning popularity contests - the focus is to equip



your little one with the necessary tools to build healthy relationships with other children their own age.

DON'T JUMP RIGHT IN

Instinct can kick right in when a parent sees their little one struggling in any way, and socialising is no different. Instead of letting your own anxiety or emotion force you to intervene immediately, try to take a step back to analyse the situation. Doing so will give you a deeper understanding of how and why your child struggles, which will then enable you to help them in whatever way they need.

Next time you see your little one approaching a social situation (or avoiding it), pause and try to identify what the issue is. Perhaps they feel intimidated by groups or struggle to initiate conversations. They may be comfortable alone or on the periphery of a group, but completely freeze whenever the attention of others is placed on them. Consider this part of the process a scouting mission - you are feeling out which aspects of socialising your child is struggling with. With this insight, you'll be in a great place to support them.

SET AN EXAMPLE

It's now widely accepted that children learn a lot of their behaviours from those around them. Parents are often the primary role model for their children and this extends to how we behave socially. Be aware that your little one is closely watching how you interact with people in your life, whether it's your partner, your friends or even strangers. Whether we like it or not, some of our children's social struggles may come as a result of them mirroring us in certain ways. We must make a concerted effort to set the example that we want our little ones to follow. Each social interaction you have is a chance to show your child the kind of behaviour that will help them to make friends.

PRACTISE AT HOME

Inside your home is an ideal, safe space for your little one to practise their social skills with you. Removed from the pressures and anxieties of making friends, together you can role play different scenarios and coach your child on how to interact with others. Coming up with different ways to approach a new person, some topics of

conversation that your child is interested in and what to do if they run out of things to say are all things to discuss during these conversations.

GET AHEAD

A simple trick to help your little one with their social struggles, once some home-based role-playing has been completed, is to do some trial runs in the real world. Encourage your child to say hello to the cashier next time you're in the grocery store. If your child is starting a sport or hobby, take them to a few private lessons beforehand so that they're not trying to balance the frightening prospect of meeting new people with the challenge of learning a new skill. Little steps like this can help kids to be more comfortable in a social situation, meaning they're less anxious and more likely to have a positive experience.

PRAISE AND COMFORT

Each time your child makes an effort socially, make sure to praise them. Though saying hello to a new child may not seem like a big deal to some, this could be a big achievement for your child and that deserves to be acknowledged. Try to find a balance with this, as constantly showering praise might not have the desired effect. Gentle, steady encouragement as your child takes steps and reaches new levels will embolden them to keep doing so. If an attempted social interaction doesn't go too well, make sure you're on hand to comfort them. Remind them that they're worthy of love and acceptance, and guide them back on track.

ACTION OVER AVOIDANCE

Avoiding the problem entirely may seem an easier approach at first. Lots of children are introverted or like to spend time alone, and that's okay isn't it? The answer is yes and no. While it's equally important for kids to be comfortable in their own company, this doesn't negate the need for them to socialise. A proactive parenting approach will certainly challenge your little one in the early stages but it will ensure that they solve this problem and develop into sociable, confident young people.

SCHOOL & FAMILY BREAKS



A unique ocean adventure week in the Maldives; a dose of Viennese culture and a wonderful Eid staycation for families!



TWO CAPTIVATING DESTINATIONS FOR EID AL-FITR

Whether you choose the bustling cityscapes of Dubai or the cultural wonders of Vienna, these two enchanting Eid getaways offer a variety of experiences to suit every family.



HAMPTON BY HILTON MARJAN ISLAND, RAS AL KHAIMAH

Celebrate Eid al-Fitr in style at the world's largest Hampton by Hilton, located on Marjan Island. This unique hotel is an ideal staycation getaway for families, with perfect weather and an abundance of fun guaranteed!

Things to do

Starting from AED 800 per night, your family can enjoy the exclusivity of a private sandy beach, an infinity pool and awe-inspiring sea views, instantly transporting you to island life. Modern and spacious rooms, complimentary wi-fi and a free hot breakfast await, with a range of activities available for kids of all ages. From bouncing on a giant bouncy castle, to playing on the wet football pitch, or enjoying beach volleyball on the soft white sand, there is something for everyone.

Tasty food and drink

Hampton by Hilton Marjan Island offers some incredible dining destinations for Eid

al-Fitr celebrations, offering an exclusive 20% discount at CLAW BBQ and Karma Kafé by Buddha-Bar, tailored for the extended weekend festivities.

Celebrations galore

The Eid celebrations at the beach will begin at 8pm, featuring a thrilling lineup of fire shows, belly dancing, Tanoura dance performances, live music and magic shows for younger guests. The 'Surf's Up' beach food truck offers an array of delectable treats to keep the party going, whilst the Shisha Lounge provides a slower pace, with aromatic shishas starting at AED 70.

To make a reservation, email hamptonmarjan@hilton.com or call +971 7 209 0000. Visit www.marjanisland.hamptonbyhilton.com for more information.

A CITY BREAK IN VIENNA

Vienna is one of those 'must-visit' destinations! Just a short six-hour flight from Dubai, it could be perfect for a charming city getaway.

Boutique appeal

In the heart of the city, opposite the lush expanse of Stadtpark, Almanac Palais Vienna is a boutique five star hotel set within a pair of historic buildings, rich with Viennese charm and refined luxury. The hotel's Donnersmarkt Restaurant and Bar offers an inventive take on Alpine cuisine, with a plant-forward menu inspired by Vienna's traditional weekly markets. Additionally, the Almanac's serene spa is the perfect place to unwind after a day spent wandering Vienna's vibrant streets.

Open air adventure

A destination in its own right, the Wurstelprater amusement park is home to

thrilling attractions, from the iconic 'Giant Ferris Wheel', to the traditional merry-go-round and the ultra-modern 'Ejection Seat', which propels you to dizzying heights. Perfect for any little thrill-seekers in your family!

Cultural fun

On Thursday evenings, the Kunsthistorisches Museum Vienna hosts its special weekly dinner. This unforgettable experience involves a five-course menu served in the grand domed hall, followed by a tour of the museum. This unique event takes place between 6pm and 10pm and promises you a truly memorable family meal!

Visit www.almanachotels.com/vienna for further information.



THE NAUTILUS OCEAN DISCOVERY WEEK

Embark on a brand new ocean experience trip this summer at an ultra-luxury, private island hideaway nestled in the Maldives.



Located in the Baa Atoll, a UNESCO World Biosphere Reserve, The Nautilus is a high-end bohemian hideaway in the Maldives. With just 26 beach and ocean houses and residences, this private island sanctuary offers a truly bespoke experience. From tailor-made culinary adventures, to thrilling underwater excursions and exclusive yacht cruises, the island resort provides you and your loved ones with the freedom to craft your dream holiday, whilst a full butler service ensures your family's every desire is met. The Nautilus features three restaurants and two bars, as well as the Solasta Spa, providing bespoke wellness programmes, a range of treatments, as well as yoga, fitness and meditation classes.

THE NAUTILUS OCEAN DISCOVERY WEEK

This summer, from July 24th to 31st, the resort presents its inaugural 'The Nautilus Ocean Discovery Week', where you can join esteemed diving experts Jeff and Sarah Milisen from Hawaii for a remarkable exploration of the ocean's wonders. With over 40 dive sites in the Baa Atoll, the adventure promises to be full of unforgettable encounters with incredible marine life beneath starlit skies. As daylight fades, your family will be able to witness the ocean transform into a mesmerising realm illuminated by bioluminescent organisms and the gentle glow of underwater torches - an undoubtedly magical experience!

MEET THE EXPERTS

Jeff Milisen, a distinguished marine biology scientist and celebrated blackwater photographer, unveils the mysteries of nocturnal marine life during this week. Renowned for his captivating imagery of

elusive species, Jeff's expertise has gained international acclaim, including 14 prestigious contest wins. His book 'A Field Guide to Blackwater Diving in Hawaii', is used to train dive professionals and scientists worldwide. Complementing Jeff's passion, Sarah Milisen, Director of Education at a five star PADI dive centre in Hawaii, channels her extensive in-water experience of 23 years into nurturing environmentally conscious ocean stewards.

EXPLORE BENEATH THE WAVES

Throughout the week, your family can immerse themselves in the enchanting world of the ocean, through guided night snorkelling and diving experiences. You will get to delve into the captivating realm of nocturnal marine life, taking in a mesmerising display of fluorescent corals and the intricate patterns of nocturnal fish, offering your family a truly unique perspective on the underwater world after dark.

MANTA RAY EXCURSIONS

As part of the week's activities, you and your loved ones will also have the chance to embark on an excursion to Hanifaru Bay, renowned as one of the world's premier manta ray feeding grounds. Accessible via a luxurious speed boat journey and just half an hour from The Nautilus, here, you can witness the awe-inspiring sight of these majestic creatures as they glide through the water in a timeless, mesmerising dance. Before venturing out on the private guided manta ray trip, you will have the privilege of learning from the resort's resident marine biologist, gaining a deeper insight into the fascinating behaviour and ecology of manta rays.

BEYOND THE BLUE

For even more fun, your family can venture beyond the ocean itself and indulge in activities to suit every adventurer's palate. From exhilarating water sports, such as Seabob or E-foil expeditions, to mindful and tranquil escapes at Solasta Spa, there are so many ways to enjoy yourself at The Nautilus! Their spa has a focus on natural healing, enhanced by organic products by Maison Caulières and Omorovicza, blending the French art of living with pure, premium, all-natural products. Here you may also experience unique in-water relaxation techniques like floating yoga, breathwork and meditation in the overwater pavilion, alongside a peaceful water sound healing treatment.



CHILDREN'S ACTIVITIES

There are so many fun and exciting experiences for kids to get involved in during this special week at The Nautilus. Younger wanderers and teenagers are invited to participate in a marine biologist workshop, bubble maker courses, an underwater treasure hunt, a watercolour art workshop, a beverage making class and an engaging blackwater photo exhibition. Aspiring underwater photographers will also have the exclusive opportunity to learn the art of underwater photography from Jeff, who generously shares his professional advice and techniques.

FOOD AND DRINK

The Nautilus excels when it comes to tasty dining! The resort delights in crafting

bespoke culinary journeys designed just for you. Whether your family prefers to explore intriguing flavours of Mediterranean and Middle Eastern fine dining at Zeytoun, sample smoke-laden flavours with Japanese and Latin-American fusion at Ocaso, or savour an array of global delicacies at Thyme restaurant throughout the day, there is no shortage of gorgeous food options here!

So for a family adventure that is guaranteed to make memories that will last a lifetime, consider securing your spot at 'The Nautilus Ocean Discovery Week', for a one-of-a-kind summer escape!

For more information visit www.thenautilusmaldives.com or email hello@thenautilusmaldives.com for reservations.

GOOD LIVING



This month's top style and beauty picks; three perfect gifting options for Eid and a very exciting hamper to be won from Camelicious!

EID GIFT GUIDE

To make things easier this festive season, I've put together my three personal recommendations for a thoughtful gift to treat your loved ones to...or even yourself!



MODEST, CHIC ACTIVEWEAR SETS BY HUMBLE POWER

Embrace the spirit of modesty and active living this Eid al-Fitr with Humble Power, your go-to homegrown brand for all your activewear needs. Born in the UAE, Humble Power is an activewear and leisurewear brand aiming to redefine modesty in fashion, with a profound mission to empower women through inclusivity, comfort and performance. Seamlessly blending quality fabrics, timeless designs and a commitment to fashion, with purpose and ethical manufacturing, their garments are priced from AED 120 and make for a wonderful present!

As the blessed month of Ramadan ends, show your appreciation for your nearest and dearest with gifts that embody both style and functionality - all while supporting the local community. Whether your loved one is hitting the gym, going for a jog or simply lounging at home, Humble Power has the perfect attire to keep them comfortable and chic throughout the day. From modest tops and leggings, to pinless hijabs, each item is tailored to suit an active lifestyle while maintaining the essence of modesty.

Visit www.humblepower.ae to shop online.



A GORGEOUS CELEBRATION BOX FROM VARAK

This Eid al-Fitr, if you're searching for a luxurious present for friends and family, then look no further! Luxury dessert brand, Varak, has got you covered, with their gorgeously unique Eid Crescent Box, priced at AED 400. A divine fusion of culinary delights and spiritual reverence, it includes premium tea from Sya, the rich taste of delicious Moroccan amlou spread and the gentle scent of halal water-based perfume. All in all, it's a sensory delight unlike any other and even better, to personalise your present, each box can be accompanied by a heartfelt note, adding a truly special touch.

You can order it online at <https://varakdubai.com> or visit their chic boutique at Churchill Towers, Business Bay.

BEAUTIFUL FRAGRANCES FROM NAVITUS PARFUMS



Navitus Parfums, the niche luxury perfumery brand imagined in the UAE and crafted by world-class master perfumers from France, has officially launched in the region, just in time for Eid! Driven by a deep-rooted passion for natural, artisanal scents, the brand offers a number of distinct fragrances, each embodying a unique olfactory journey. Here are my favourites!

Baklava Royale

A symphony of pistachio, almond, honey and vanilla, this captures the essence of a sunlit afternoon and freshly baked treats.

Chocolate Queen

This one is opulent indulgence! With notes of caramel, dark chocolate, praline and vanilla, it's a fragrance fit for royalty.

Eidola

An angelic rush of rose, pear, jasmine, bergamot and vanilla, this scent is a delicate, sensual blend, ideal for confident women.

Reve Nuit

Capturing the enchanting essence of a dreamy night, Reve Nuit combines lemon



custard, cardamom, neroli, rosemary, vanilla, cedarwood and vetiver for a truly romantic perfume!

Perfect for those who appreciate the finer things in life, prices start at AED 630 and I think these special scents make for a really beautiful gift for someone special!

Navitus Parfums are available at select stores across Dubai and Abu Dhabi.



I've chosen two exciting fashion brands for this month's selection, one for you and one for your little ones!

SEASONAL KIDSWEAR WITH CHEEKEE MUNKEE

Full of sunny prints, charming details and colourful outfits, Cheekee Munkee, the homegrown kids' clothes brand, has launched this season's collection. Capturing the essence of carefree childhood moments and sun-kissed adventures, the gorgeous new range brings together fashion, comfort and fun for 1-7 year olds, at prices starting from AED 39.

Girls

Bursting with vibrancy, the Girls' collection includes shorts and leggings designed in fresh tones, animal printed jumpsuits and quirky tees. This line also showcases oversized bright florals and a wide variety of colours - making each piece suitable for energetic playdates, but also more formal events.

Boys

Cheekee Munkee's Boys collection is where imagination meets style, with playful cartoon characters and eye-catching prints. Think shorts, graphic tees with cool slogans, oversized essentials and matching hoodies in your son's favourite colours. Each piece



is thoughtfully crafted with children's needs in mind, ensuring your little one can shine, without compromising on their daily adventures.

Festivities

The brand's new festive range features pieces that blend style and tradition, ensuring the youngest members of the family feel both smart and comfortable during special occasions. From polo t-shirts and chino shorts, metallic designs,

STYLE AND SOFTNESS WITH TRIBE OF 6

Tribe of 6 is an interesting and sustainable fashion-leisure brand. Created with sustainability, inclusivity and community at its core, Tribe of 6's high-quality apparel is crafted right here in the UAE. For mindful shoppers who want threads with a purpose, this locally produced street and leisurewear brand aims to inspire conscious consumerism, by using eco-friendly and biodegradable materials in their collections.

With a focus on premium quality, in my opinion, their range of co-ords and neutral hues are a perfect combination of style and ease. So, look no further for effortless chic on the go, without compromising on feel. Crafted from ethically sourced materials, each piece boasts a luxurious softness that you'll fall in love with. From cosy sets, to lightweight, breathable tops, every garment is designed to keep you feeling comfortable and confident no matter what, making it the perfect choice for all-day wear!



Visit <https://uae.tribeof6.me> to discover more about the brand's collections.

jumpsuits and ruffled dresses in neutral tones, these are perfect for mini trendsetters who love a little shimmer and shine.

Beachwear

Explore Cheekee Munkee's sweet swimsuits, frilled dresses and two-piece printed sets, all in lightweight, quick-drying fabrics that are easy to manage - ideal!

Denim

Last but not least is Cheekee Munkee's denim collection, full of effortlessly cool denim tees, jeans and jackets, to make each day a fashion-forward experience for your young trendsetters.

All of the brand's garments offer great quality, as well as great value, while also being responsibly sourced. Crafted from breathable fabrics with plenty of stretch, these trendy and affordable pieces can withstand the rumble and tumble of the playground, ensuring freedom of movement for your little one's every escapade!

The collection is available at selected Debenhams and Mothercare stores in the UAE or online at FirstCry, Mothercare and Namshi.

My beauty picks for April are an Eid-themed box of bath and shower delights, and non-invasive skin rejuvenation products from Korea.

EMBRACE RADIANCE WITH MIRACLESKIN

I'm excited to introduce you to MiracleSkin, a pioneering skincare company boasting clever, patented innovations, all coming from Korea. With a commitment to excellence and a passion for transformative results with minimal downtime, it's making a splash with the cutting-edge products, MIRACLETOX and CELLSTORY. Both offer amazing skin solutions for a non-invasive, topical skin rejuvenation treatment. Their secret is Microspear®, a patented technology designed to penetrate the basal layer of your epidermis, boosting your skin's collagen production and offering you visible results, without any hassle.

At-home results

MIRACLETOX acts as an at-home microneedling treatment, addressing concerns such as acne, pigmentation problems, rosacea, uneven skin tone, texture and ageing. Utilising 10,000 natural micro needles, MIRACLETOX delivers clinically proven results - without the need for invasive procedures!

A clinical alternative

CELLSTORY, on the other hand, is focused on cellular rejuvenation, enhancing the skin's natural healing process for radiant, healthy skin from within. Specifically formulated for clinical use, CELLSTORY



offers a more effective solution to traditional microneedling, with its higher concentration of Microspear® microneedles. CELLSTORY clinical treatments are available at AIG Clinics, Orskin Aesthetics Clinic, Browns & Co and Clinica Joelle.

Founder, Justyna Lapkova, says her mission is to empower people with the confidence that comes from having gorgeous, glowing skin, without the need for painful and expensive procedures. As someone who struggled with skincare issues for many years, she has learned the important link between skin health, mental health and overall wellbeing. She tells us "MIRACLETOX transformed my life, and I want it to do the same for everyone who needs the esteem-boosting results and radiant skin that I now possess."

Committed and passionate about delivering revolutionary skincare solutions, MiracleSkin is dedicated to advancing the skincare industry within the region, bringing us efficacy, safety and eco-friendly products.

Visit www.miracleskin.ae for more information.

A NEW MOON GIFT FROM LUSH

I'm delighted to let you know about this trio of festive delights from LUSH! Oudh is believed to have therapeutic benefits for the soul and, traditionally, burning Oudh in the house and wearing it with Eid clothes is an important ritual before hosting guests. So, feel fresh ahead of your festivities with the opulent Oudhess shower gel, made with this precious, rare oil for a dark, woody aroma that blends with the heady florals of jasmine absolute and rose. Secondly, rejoice at the sight of the Crescent Moon soap, another sweet-smelling limited edition product for 2024, and finally, unwind your body with a hot soak, inviting in peace and serenity with the lavender and tonka scented bestseller, the Twilight bath bomb.



Decorated with artwork created by Malaysian designer Aiza Johari, the wrapping aims to capture the joyful essence of Eid, depicting a blushing, starlit night sky, embellished with decorations that draw inspiration from her home country's traditions associated with the sighting of the new moon, heralding the commencement of Eid al-Fitr. This might just be the perfect beauty box for the month of April!

COMPETITIONS

motherbabychild.com/competitions

WIN! A UNIQUE, TASTY HAMPER FROM CAMELICIOUS, WORTH AED 400

products, offering a myriad of benefits for the health and development of babies, toddlers, children and adults alike! Full of protein, vitamin C, iron, calcium, omega fatty acids and antimicrobial bioactive compounds, camel milk is great for overall immunity, brain health, strong bones and digestion. The brand is on a mission to build awareness of and access to the wonderful health benefits of this delicious milk among families in the UAE.

EVERYTHING YOU NEED

Camelicious' one-stop-shop offers a wide variety of nutrient-dense, tasty and high-quality products for every member of the family. The brand offers a full range of interesting options, including fresh milk, various flavoured milks, milk powder, laban, ice cream and coffee drinks. Using only the highest quality milk, their products are 'farm to table', with full transparency and traceability, and come in many different sizes and flavours to suit every need!

ENTER TODAY!

To celebrate all families in the region who are discovering the wonderful advantages of camel milk for themselves, Camelicious is delighted to offer the incredible prize of a one-of-a-kind hamper worth AED 400 to one lucky reader, brimming with an exquisite selection of camel milk goodies!

Filled with all the essential camel milk products you need to introduce your family to this superfood, from fresh milk, to lemon and mint laban, chocolate, strawberry and date milk drinks and much more, you and your little ones will be spoiled for choice with this exciting readymade box of treats!

One of you is going to win this delicious hamper of healthy camel milk products, so make sure to enter today... and it could be YOU!



Becoming a mother changes your perspective on life and how you prioritise nutrition when it comes to your children. Modern parenthood has seen a rise in the appetite for wholesome and nourishing

food and drink options that make a real difference to the overall wellbeing of little ones. Camelicious is a brand that is making waves in the regional market with its innovative range of camel milk

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

PAEDIATRICIAN
RECOMMENDED

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A Gentle range
for baby's delicate skin

QV
baby

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FRAGRANCE FREE



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