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Mother Baby & Child

DETECTING
AUTISM EARLY

TIPS FOR
PICKY EATERS

PARENTING
GIFTED KIDS

SIX SUMMER
HOLIDAY IDEAS

WHY UNPLUGGED
PLAY MATTERS

RAISING THIRD CULTURE CHILDREN



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EDITOR'S LETTER

Hello Mum!

Summer is on the way, and for many households, that means only one thing - daydreaming about a vacation! We've got you covered on page 41, with a look at lots of beautiful, family-friendly destinations to suit all the personalities you may have in your house! From tropical paradises and white sand beaches, to stunning Greek getaways and even an Alpine hiking retreat, there is something for everyone.



On a more serious note, if you have a gifted little one, the classroom might present a number of challenges that can have a far-reaching impact on their wellbeing. We've carried a piece on page 38 that brings this rarely discussed issue to light, so you have the tools you need as a parent to help your gifted child thrive. I also spoke with Owen Semley, Literacy Coordinator and English teacher at The English College, Dubai about his top tips for supporting kids' vocabulary development at home. Give it a read on page 23 - I hope the pointers help your little one on their way to academic success!

For any new mothers out there who are facing the daunting journey back to their pre-pregnancy stamina and fitness levels, you'll be very interested in a helpful article on page 13. It delves into the safest approaches you can take to gently build your strength back up, while allowing your body to fully heal.

Elsewhere, we examine the unexpected resurgence of Brutalist design in family homes on page 46, as well as the best strategies for managing your child's stutter, which you can check out on page 29. We take a look at the thorny issue of picky eating on page 20, and how you can help kids of all ages develop a healthier relationship with food.

I'd love to draw your attention to a fascinating piece we've carried addressing the ways young minds develop differently when little ones grow up in another country to their parents' place of origin. These children form an interesting identity, mixing aspects of their parents' culture, their host country's culture and the elements of any other cultures they might be socialised around, to form a 'third' one of their own. This is a must-read for any mother who has moved to the UAE, is bringing up a family here and wants to be more mindful of her child's unique, nuanced cultural context. You can read all about it on page 26.

As usual, I've chosen my favourite beauty picks with you in mind and this month, I share the impact a shower filter can have on hair and skin health (page 49), as well as introduce a new retinol cream on page 50, that I think could become a mainstay for gorgeous skin!

As you know, I won't give everything away here, but rather, I'll leave some things in this issue for you to discover for yourself!

Happy reading!

Ella

Editor

Mother, Baby & Child Magazine

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Editor's — PICK —

'10 DIRHAM DISHES' AT YUMMY DOSA

I'd highly encourage you to indulge in some irresistible flavours without breaking the bank, at the second edition of '10 Dirham Dish' during the Dubai Food Festival (DFF), until May 12th.

Yummy Dosa, known for its Mumbai-Style street food-inspired fare is participating for the first time, offering Chinese Bhel, a spicy, sweet and sour dish, paired with a refreshing Jaljeera drink, one of the summer staple beverages in Mumbai, at just AED 10!

Jugal Parekh, managing partner at Yummy Dosa tells us "Dubai Food Festival is a celebration of culinary excellence, showcasing the best establishments. The initiative opens doors for us to welcome and cater to new customers - and of course, we're welcoming families!"

Originally priced at AED 36, this offer is available at the Discovery Gardens and Al Karama outlets all day, until Sunday, May 12, 2024.

Call +971 4 876 7982 for Discovery Gardens and +971 4 342 6332 for the Al Karama outlet, to find out more!





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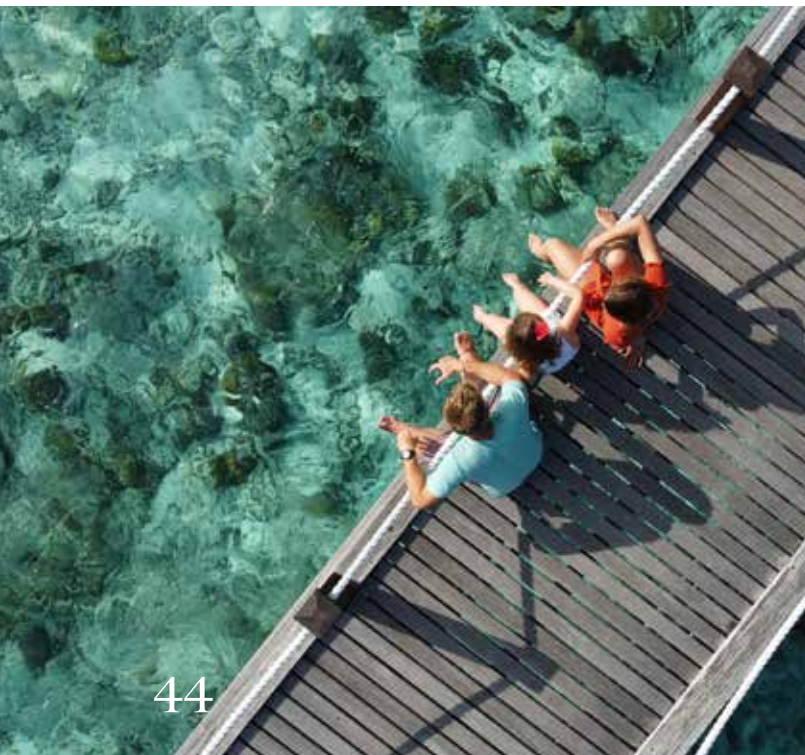


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10 DIRHAM DELIGHTS AT AL GHURAIR CENTRE

Al Ghurair Centre is treating families and visitors to '10 Dirham Dishes' as part of Dubai Food Festival, until 12th May! With the festival in full swing, Al Ghurair Centre invites families to enjoy the beloved promotion, which encourages parents and kids across the city to savour some of the mall's most delicious flavours.

Promising a wide variety of culinary delights, at least seven restaurants throughout Al Ghurair Centre will offer either new or existing dishes at this price, allowing foodies to experience Dubai's thriving gastronomy scene one bite at a time.

My top picks

At Playva, Al Ghurair Centre's popular street food hall, you can enjoy an Asian-inspired culinary journey. From Gulou China Grub's succulent Chinese-style Chicken Bun to Little Oriental Dining's savoury Salted Egg Chicken, each bite offers a glimpse into the vibrant flavours of Asia.

Meat lovers can also indulge in a mouthwatering Short Rib Mini Bao from BaoFriend, while sweet-toothed visitors can try Taho-licious, a delightful reinterpretation of Filipino classic Tahô, at Taro by BaoFriend.

If you're in the mood for Indian cuisine, Rice Plus is tempting foodies with its creamy, aromatic Biryani Butter Chicken, while El Gato serves up authentic Mexican flavours with its special breakfast dish, Chilaquiles. And to top off the meal, American favourite, Denny's, is offering decadent Buttermilk Pancake treats in both Oreo and berry flavours.

Don't miss this opportunity to experience Al Ghurair Centre's diverse culinary concepts in the most wallet-friendly way, every day between now and May 12th!

I AM FUTURE EMPOWERED



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**International, British Curriculum School
for Ages 3 - 18
Located in the heart of Dubailand**

Admissions Open for Academic Year 2023 - 2024

THINGS TO DO



Hans Zimmer live
in concert; wellness
Wednesdays for women;
family brunch and pool
experiences, and more!



OUTDOOR WELLNESS WEDNESDAYS

Poolside playground, BCH:CLB, is now offering weekly fitness classes, set against a stunning backdrop on The Palm Jumeirah. From HIIT sessions, to pilates, ice baths and yoga sessions, BCH:CLB is the newest fitness destination, combining plenty of fun and lots of sunshine!

Jumpstart your midweek routine as BCH:CLB introduces its new Wellness Wednesdays, powered by Active Club - an exclusive ladies members club designed to optimise fitness, happiness and health. Wellness Wednesdays by Active Club offers a 30 minute HIIT session, set to push your limits, followed by a 30 minute mat-based Pilates class. This is followed by a cool down, with a refreshing cold plunge and breathwork experience with Peaq Wellness.

Time: Starting at 9am

Date: Every Wednesday

Price: AED 250 per person (150 redeemable on breakfast), which includes pool access

Location: BCH:CLB, W Dubai, West Crescent - The Palm Jumeirah

Visit @BCHCLB on Instagram to learn more.

HANS ZIMMER IS COMING TO DUBAI!

Get ready for a concert unlike any you have seen before, with Hollywood's iconic music composer Hans Zimmer. The multi-Grammy and Academy Award-winning artist will treat Dubai fans to two phenomenal live shows at the Coca-Cola Arena on 31 May and 1 June, joined by a world-class 45-piece band and performers for this audio-visual spectacular!

From The Lion King to Pirates of the Caribbean and Batman, The Dark Knight to James Bond, the night will be filled with instantly recognisable tunes from some of the most celebrated movies of all time. This extraordinary musical experience will feature a mix of arrangements in Zimmer's signature style. There are still some tickets left, with prices starting at 679 AED.

Visit www.coca-cola-arena.com/music/534/hans-zimmer-live for details and tickets!



PAMPER YOURSELF AT KAI LIFE CLINIC

Kai Life Clinic is a revolutionary beauty, health and wellness establishment that's located in the heart of Dubai. Rooted in a dedication to offering cutting-edge healthcare treatments and services, it combines cosmetics and healthcare seamlessly, to ensure you feel and look your best. From their thorough deep cleaning facials that are perfect for every kind of skin, to their expert laser hair removal and even a radio frequency face treatment known for stimulating collagen production and tightening the skin, they have so many gorgeous options to pick from, for a little bit of pampering this month!

Visit www.kailifeclinic.com or call +971 (0)4 388 1770 for more information.

LADIES DAY AT THE GRAZER

Ladies, Wednesdays just got even more fabulous with The Grazer! Gather all your girlfriends and avail of the special Ladies Day offer, where you'll enjoy a fantastic 50% off your bill. Enjoy a midweek celebration with your besties and savour every bite from the delicious menu offerings, anytime from 8am to 11:30pm. From flavourful salads to mouth-watering mains, there's something for everyone to enjoy this month. So, why not indulge in this lovely opportunity to treat yourself and have a great meal at The Grazer.

For reservations, contact +97145187777 or visit @[thegrazer.downtown](https://www.instagram.com/thegrazer.downtown) on Instagram.



FAMILY BRUNCH AT VIDA EMIRATES HILLS

Nestled within a picturesque lush green neighbourhood, with convenient proximity to Dubai Marina and JBR, Vida Emirates Hills offers a delightful community space designed to cater to everyone. The hotel eagerly invites you and your loved ones to embrace the spirit of summer and indulge in some unforgettable experiences. Whether you're seeking a peaceful retreat or a lively brunch, Vida Emirates Hills offers the perfect ambience for any occasion.

HILLSIDE BRUNCH AT ORIGINS

Indulge in the Hillside Brunch at Vida Emirates Hills as you dive into a world of mouthwatering delights and revel in the trendy community atmosphere. From delectable brunch classics to a wide selection of beverages, the menu is designed to tantalise your taste buds and keep the mood fun with every bite and sip.

This stunning al fresco brunch setting centres around a buffet with international treats and a BBQ. Featuring live entertainment and beats that will keep the rhythm of the party going all day long, all you have to do is find a vantage point overlooking the pool and lush views of the golf course, and make some memories. This summer at Origins is the perfect time to put on your favourite pool wear and soak up the sun!



When: Ongoing – Every Saturday from 1pm to 4pm

Where: Origins, Vida Emirates Hills, Level P2, Al Naseem St, Dubai

Offer: Hillside Brunch by the pool

Prices:

- Soft beverage package: AED 199 per person
- House beverage package: AED 299 per person

For bookings and more information, call +9714 872 8888 or email hithere.hills@vidahotels.com.

SUMMER 'DAYCATION' POOL PASS



What better way to bask in the summer sun than unwinding by a pool in ultimate luxury? Experience a dream summer 'daycation' at Origins, where you can immerse yourself in the refreshing waters of the stunning infinity pool by the Hills. Whether you take your partner or your loved ones, or simply treat yourself to a lavish date with yourself, a pool day at Origins is sure to be one that you'll never want to end.

This incredible hotel invites you to lounge around, take in the breathtaking backdrop and catch some rays as you indulge in your choice of enticing beverages - the perfect way to complement the day.

When: Daily between 9am and 6pm

Where: Origins, Vida Emirates Hills, Level P2, Al Naseem St, Dubai

Offer: Pool pass

Prices:

- Weekdays: AED 140 per person
- Weekends: AED 200 per person

For bookings and more information, call +9714 872 8888 or email hithere.hills@vidahotels.com.

FAMILY BEACH BRUNCHES AT VIDA CREEK BEACH



Since Vida Creek Beach's grand opening last year, it has quickly become the go-to destination for a serene summer escape. Located on the picturesque waterfront of Dubai Creek Harbour and with stunning lagoon views, this venue combines modern, carefree elegance with artsy glam, for an enchanting treat of a family afternoon!

BAYSIDE BRUNCH

The Float Beach Lounge is surrounded by lush greenery on the shores of the Crystal Lagoon. Throughout summer, families are invited to savour a vibrant brunch buffet of mouthwatering culinary creations and a selection of beverages to suit all tastes.

Whether coming with family or friends, this brunch offers a delightful escape where you can truly relax, to enjoy great food, and create unforgettable moments with your favourite people.

When: Until June 29th from 12pm to 4pm

Where: Float Beach Lounge, Vida Creek Beach, Ras Al Khor, Dubai Creek Harbour

Prices: Brunch buffet near the Crystal Lagoon

- AED 250 inclusive of soft beverages
- AED 350 inclusive of house beverages
- Complimentary for little ones below 6 years old, children aged from 6 to 12 years receive 50% off

For bookings and more information, call +9714 872 8888 or email hithere.hills@vidahotels.com.

DUBAI MARINA & YACHT CLUB

Situated at the heart of Dubai Marina, along the idyllic waterfront promenade, Vida Dubai Marina & Yacht Club is at the centre of the city's very best experiences, from yacht-filled views to exquisite culinary options, it has it all. Enjoy unforgettable family moments here!

BRUNCH IN BLEU AT ORIGINS

A waterfront culinary adventure awaits foodie families, as Vida Dubai Marina & Yacht Club invites your family to Brunch in Bleu. Held at Origins on Saturdays between 1pm and 4pm, tasty food, marina vibes and live entertainment all intertwine to create the perfect setting for a lively weekend brunch.

This magnificent setting allows you to sit back and immerse yourself in the beauty of the *bleu* skies at the waterside, as you sample seafood delights and international favourite dishes, making for a relaxed and memorable afternoon by Dubai Marina.

When: Ongoing – every Saturday from 1pm to 4pm

Where: Origins, Vida Dubai Marina & Yacht Club, Dubai Marina

Offer: Brunch in Bleu with marina views



Price:

- Soft beverage package: AED 199 per person
- House beverage package: AED 299 per person

For bookings and more information, call +9714 872 8888 or email hithere.hills@vidahotels.com.

WELLBEING



Signs of autism in kids;
managing your child's
fussy eating; how to begin
your postpartum fitness
journey safely and more!





HOW TO APPROACH POSTPARTUM FITNESS

We explore the myriad of ways to build up your fitness and physical health safely and gently, in the months after having a baby.

Welcoming a new bundle of joy into the world is undoubtedly one of life's most beautiful experiences. However, the journey of pregnancy and childbirth can take a toll on a woman's body, leaving you feeling physically depleted and longing to regain your pre-pregnancy strength and vitality. This is where postpartum fitness comes into play, offering gentle exercises tailored to help new mothers rebuild strength and stamina, in a safe but effective manner.

UNDERSTANDING POSTPARTUM FITNESS

Postpartum fitness is not about bouncing back to your pre-pregnancy weight overnight or pushing yourself to extremes. Rather, it's about honouring the incredible changes your body has undergone and gradually reintroducing physical activity to support your recovery. No matter what kind of childbirth you had, it's essential to consult with your healthcare provider before starting any postpartum exercise regimen to make sure your body is in a good place to begin.

GENTLE EXERCISES FOR STRENGTH

Here, we will discuss some great options for women setting out on their journey with postpartum movement.

Pelvic floor exercises

Strengthening your pelvic floor muscles is crucial postpartum, as pregnancy and childbirth can weaken them. Pelvic floor or kegel exercises involve contracting and relaxing the muscles around your pelvic area and are relatively easy to fit into your day as a busy new mother! Start by squeezing the muscles, hold for a few seconds, then release - that's it! Aim for three sets of ten repetitions throughout the day.

Deep belly breathing

Deep breathing can help activate the deep abdominal muscles, which may have become stretched during pregnancy. To do this, take a yoga mat and lie on your back with your knees bent and



feet flat on the floor. Place one hand on your chest and the other on your belly. Inhale deeply through your nose, feeling your belly rise as you breathe in. Exhale slowly through your mouth, drawing your belly button towards your spine. Repeat for 5-10 breaths.

Gentle core exercises

Once cleared by your healthcare provider, you can start incorporating gentle core exercises to strengthen your abdominal muscles. Pelvic tilts, modified planks and leg slides are excellent choices for a recovering new mum. Remember to engage your pelvic floor and avoid any movements that cause you discomfort or strain. Remember, it's a journey, not a race!

Walking

Walking is a fantastic low-impact exercise that can be easily incorporated into your daily routine with your newborn. Start with short, leisurely walks around your neighbourhood, gradually increasing the duration and intensity as you feel more comfortable. Make

sure to wear comfortable, supportive shoes, as your joints and posture need some extra help in the months following pregnancy and childbirth. Not only does walking help improve your cardiovascular health, but it also provides a much-needed mood boost and a dose of fresh air, which can be great daily pillars to help you protect your mental wellbeing in the early stages of motherhood.

REBUILDING STAMINA

Many new mums want to regain their stamina, not least to meet the demands of parenting a new baby! Here are some proven ways to help you do exactly that, whilst being aware of not overstraining your postpartum body as it heals.

Postnatal yoga

Yoga offers a gentle yet effective way to improve your flexibility, strength and mental wellbeing postpartum. Look for postnatal yoga classes specifically designed for new mothers, focusing on gentle stretches, breathing techniques and relaxation. Many postnatal

yoga classes also incorporate baby bonding time, allowing you to practise alongside your little one!

Swimming

Swimming is another excellent low-impact exercise that can help rebuild your previous stamina, without putting strain on your joints as they recover from pregnancy. Whether it's leisurely laps in the pool or a water aerobics class, swimming provides a full-body workout while offering the buoyancy and support that new mothers often appreciate and need. Many people also find swimming to be an incredibly mindful activity, that allows time in a sensory environment where their subconscious can flow, leading to clearer thinking and a more grounded state of being - both valuable assets in the life of a new parent!

Pilates

Pilates focuses on core strength, flexibility and overall body awareness, making it an ideal choice for postpartum exercise. Look for postnatal Pilates classes or a teacher who is willing to modify traditional Pilates exercises to suit your current fitness level. Pilates can help improve your posture, alleviate any back pain you may be struggling with and enhance your muscle tone without excessive strain.

Interval training

As you progress in your postpartum fitness journey and receive clearance from your doctor to go ahead and workout at the gym, you may consider incorporating interval training into your routine. Interval training alternates between bursts of high-intensity exercise and periods of rest or low-intensity activity, allowing you to gradually build up your endurance and stamina. However, it's very important to approach workouts like this with caution and always check in with your body if you feel it's too much too soon.

FOUR TIPS FOR SUCCESS

No matter which kind of exercises you embark on, there are some general tips that will help you get the most out of your efforts and avoid injuries. Let's take a look!

Listen to your body

Pay close attention to how your body feels during and after exercise. If something

doesn't seem right or causes pain, always stop and reassess. Honour your body's signals and don't just 'push through' - in fact, ask for guidance from trainers and healthcare providers, and adjust your workout accordingly.

Stay hydrated

This is a classic piece of advice, but for good reason! Hydration is essential, especially for breastfeeding mothers. So, make sure to drink plenty of water before, during and after exercise to replenish lost fluids and keep your body in an optimal state for recovery.

Prioritise rest

This can be tough when you have a new baby, but it really is a big part of safely exercising! Adequate rest is actually vital for postpartum recovery. Where you can, aim to incorporate periods of rest and relaxation into your daily routine, allowing your body to recover and recharge. Whether this means getting a minder for an hour or two, or intentionally resting while your baby naps, do what works for you!

Ask for support

Don't hesitate to reach out for help from your partner, family or friends. Having a support system in place as a new mum can make it easier to prioritise self-care and stay motivated on your fitness journey. It takes a village as they say!

PELVIC FLOOR THERAPY

In addition to incorporating gentle exercises into your postpartum fitness routine, seeking guidance from a pelvic floor therapist can be immensely beneficial. Pelvic floor therapists are healthcare professionals specialised in assessing and treating pelvic floor dysfunction, including issues such as incontinence, pelvic prolapse, pelvic pain and rebuilding pelvic strength. Through personalised assessments and targeted interventions, pelvic floor therapists can help new mothers address any pelvic floor issues that might have arisen during pregnancy or childbirth.

What to expect

During a pelvic floor therapy session, you can expect your therapist to conduct a



thorough evaluation of your pelvic floor function, including muscle strength, tone and coordination. Based on their findings, they will develop a tailored treatment plan consisting of exercises, manual therapy techniques and lifestyle modifications to address your specific needs. Pelvic floor therapy may also involve education on proper physical habits, posture correction and other strategies for optimising pelvic floor health.

Benefits

Working with a pelvic floor therapist can empower new mothers to take control of their pelvic health and address any concerns that they may have postpartum. Whether you're experiencing bladder issues, pelvic pain, or you simply want to look after your pelvic floor function, a pelvic floor therapist can provide you with invaluable insights, wisdom, support and guidance on your journey to recovery and wellness. Don't hesitate to discuss the option of pelvic floor therapy with your healthcare provider and feel confident in exploring how it can complement your postpartum fitness regimen, to get your physical health to exactly where you want it to be!

Postpartum fitness is a journey of self-care and self-discovery, where new mothers rebuild their bodies' strength and stamina, while honouring the incredible experience of pregnancy and childbirth. By incorporating gentle movement and listening to your body's signals, you'll soon feel the renewed sense of vitality and confidence in your body's abilities that you deserve to enjoy!



THE IMPORTANCE OF DETECTING AUTISM EARLY

Diagnosing and treating a child with autism early in their life will significantly improve their experience. Let's take a look at what the early warning signs are.



Autism is a complex disorder that affects certain children from a very young age. It impedes their development in many key areas, presenting struggles that most children don't have to contend with. The severity with which autism spectrum disorder affects little ones ranges widely; some experience moderate issues while others are more severely challenged.

Generally, autism impacts the following areas: a child's ability to communicate, how a child can relate to others, and how adaptable they are. The causes of autism spectrum

disorder are the subject of huge amounts of discussion and controversy. Cutting through the noise leaves a few, clear facts on the table, principal among them being that diagnosing and treating a child with autism early in their life will significantly improve their experience.

WHAT CAUSES AUTISM?

Science has traditionally told us that autism in children is purely a result of genetics - it's essentially passed down

the family line in one form or another. However, recent research suggests that there might be other causes, namely environmental factors.

Whether in the womb or out in the world, children are susceptible to a whole range of potentially harmful substances, from medication ingested by their mother, to pollution in the air. With such a broad range of potential causes, it's difficult to mitigate against, and therefore crucial to be able to spot the potential signs of autism in your little one.

KNOWING THE SIGNS

As with most conditions, parents are best placed to identify if something seems out of the ordinary with their little one. With your own child, you're familiar with virtually every aspect of their being, everything that makes them so unique and special. It's this familiarity that is your superpower when it comes to spotting the early signs of autism. Once you know what to look for, you'll be able to see if your child is developing typically or otherwise.

Early signs

Early signs of autism include if your toddler doesn't do any or all of the following:

- React to their name being called
- Enjoy or seek out cuddles
- Maintain eye contact
- Communicate through waves or gestures
- Play with others and show interest in group activities
- Express empathy if you hurt yourself

Developmental markers

If your little one isn't hitting the following developmental markers, this could mean that they are experiencing some initial effects of autism spectrum disorder:

- 6 months - able to smile and express joy
- 9 months - imitating your expressions and sounds
- 12 months - verbalising 'baby talk' and performing a variety of gestures
- 18 months - speaking a few words

Regression

One significant pattern in children who develop autism is that they will develop in a seemingly normal manner and then their progress will stop, or even reverse, between one and two years of age. Little ones who had found the ability to say a few words will be unable to speak. Kids who previously loved a bit of a cuddle or some social time will pull away from others and try to isolate themselves. These are all telltale signs that something isn't right.

OLDER CHILDREN AND TEENS

For parents with older children who haven't previously considered the possibility of their



little one suffering from autism, it's definitely worth knowing what to look out for.

Social

Autistic children tend to show less interest in engaging with those around them. They may reject physical contact and have difficulty discussing and understanding emotions. Lots of children with autism prefer to be left on their own to play by themselves and are most comfortable in their own company.

Speech

Aside from taking longer than usual to say their first words, autism can affect children's speech and communication in multiple ways. For example, they may struggle to match their facial expression to the words they're saying, or they might speak in an unusual tone of voice.

Behaviour

From flapping their hands to rocking back and forth, or clicking their fingers while being mesmerised by a moving object, there are a whole host of unusual behaviours that could signify a child is on the autism

spectrum. Other behavioural anomalies include moving their fingers in front of their eyes, flicking lightswitches on and off repeatedly and obsessively lining up their toys or belongings.

Inflexibility

Inflexibility is a key marker of autism in children. This can appear as an insistence on sticking to the same routine, whether it be the order in which your child gets themselves ready for school or consistently leaving home at the exact same time. Other examples of inflexibility are extreme difficulties with any changes to their environment or a fascination with a very niche topic of interest.

SEEKING HELP

If you have any concerns at all that your child is autistic, the single most important step you can take is to seek professional help. As mentioned before, early intervention is key and can even reverse some of the effects of autism. Trust your parenting instinct and if anything seems unusual, reach out to your doctor. Not only will you be well-supported on this otherwise scary and unknown journey, your little one's quality of life will vastly improve, now that they are truly understood.

EXPLORING HYPERBARIC OXYGEN THERAPY FOR KIDS

We spoke to Dr. Zemer Wang, Medical Director at DP World's Aviv Clinics Dubai about how hyperbaric oxygen therapy stands out as a transformative treatment in paediatric neurorehabilitation.



Hyperbaric oxygen therapy (HBOT) involves breathing 100% pure oxygen in a pressurised environment. Within this environment, the elevated pressure increases the oxygen levels in your bloodstream significantly, which enhances the oxygen's ability to penetrate tissues and promote healing, particularly in conditions associated with oxygen deficits.

TAPPING INTO NATURE

HBOT's scientific foundation is its capability to boost oxygen saturation in the blood, substantially promoting the body's natural healing processes. This is particularly critical in treating brain-related conditions, where increased oxygen levels can effectively reduce inflammation, activate neuroplasticity and trigger the growth of new blood vessels. These new blood vessels deliver oxygen to damaged tissue in the brain and body and restore functional abilities after neurological injuries.

HBOT shows significant clinical promise for treating a variety of neurological disorders in children, including cerebral palsy, traumatic brain injury and stroke. It can also improve the symptoms

of certain types of autism spectrum disorder. Using advanced, scientifically proven HBOT protocols, symptoms of these conditions can be alleviated to give little ones and their families an improved quality of life.

A COMPREHENSIVE MODEL

DP World's Aviv Clinics Dubai's unique HBOT protocol is integrated within a comprehensive, customised treatment plan that combines targeted physical and cognitive training with dietary coaching, to enhance clinical outcomes. This holistic approach begins with a thorough diagnostic assessment, utilising advanced physical and neurological evaluations, and high-resolution brain imaging techniques to ascertain the severity of the injury.

This diagnostic phase is critical as it helps tailor a treatment plan that addresses an injured child's main dysfunctions and functional impairments, to identify the core of the problem and what the best treatment plan might be.

IMPROVED QUALITY OF LIFE

The benefits of HBOT extend far beyond the immediate enhancements felt after each treatment. Over the longer term, young patients frequently experience significant improvements in their motor skills, balance and muscle tone. Cognitive functions, particularly memory and attention span, are also notably improved, due to increased blood flow to the brain regions involved in these processes. Not only that, HBOT stimulates the generation of new blood vessels, enhancing blood flow to the brain, and leading to a marked improvement in overall quality of life.

PROMISING RESEARCH

Supporting the efficacy of HBOT, recent scientific research published in the peer-reviewed journal, *Nature*, has demonstrated the effectiveness of a unique HBOT protocol in treating childhood neurological damage. This study highlights substantial improvements in cognitive functions such as memory and executive functioning, as well as positive changes in brain structure and emotional wellbeing after treatment.

Hyperbaric oxygen therapy represents a significant breakthrough in treating neurological disorders, especially in children. By enhancing the body's natural healing processes through increased oxygen delivery, HBOT substantially improves the quality of life for our precious little ones.

HOW REGULAR SPA DAYS CAN BENEFIT MOTHERS

The busy life of a mum can leave even the most resilient of us overdrawn. Visiting a spa is one of the best ways to reconnect with yourself, getting you right back to your best.



All mothers experience the seemingly impossible balance of raising children, managing the home and holding down a job. That's before we even consider carving out some time for ourselves! A spa day is a must for busy mums - it's the perfect opportunity to relax and rejuvenate your mind, body and spirit.

PART OF YOUR ROUTINE

Some mothers take things a step further and schedule regular spa visits in their calendar. The beauty of this approach is that it draws a boundary line around this special time. Its place in the schedule marks it out as just as important as all of the other responsibilities, tasks and events that are constantly piling up. A regular trip to your favourite spa will act as a pit stop in your busy week. You can unwind, knowing that you will be well cared for and re-energised, ready to take on the rest of what life throws your way.

SLEEP LIKE A BABY

Nowadays, we have a much better understanding of the importance of a good night's sleep. For so many of us, it can feel impossible to switch off our minds once our head hits the pillow. A trip to the spa will help to slow your mind, meaning that once bedtime rolls around, you'll go out like a light.

DE-STRESS YOUR DAY

When was the last time you checked in with how stressed you really are? That dull headache, as you try to get a grip on the hundreds of things running around your head, is trying to tell you something. You are most likely carrying too much stress around all day and it can take a toll. Treating yourself to a serene massage and a pampering treatment can dissolve that tension, remove that headache and get you back to your best.

TREAT YOURSELF

As we all know - a mother's work is never done. This leaves very little room (if any!) for some self-care. However, it is an important practice that everyone, especially mums, should try to do regularly. Allowing someone to rub warm oil into your back while teasing out any knots is sending yourself the message that you deserve to be looked after, and that couldn't be more true!

READY FOR ACTION

While in the spa, all of your responsibilities should be left at the front door. You can clear your mind and soak in the soothing tranquillity of your surroundings. Feeling your tired muscles relax, you can forget your worries and truly be present. This time spent in the enriching ambience of a spa will leave you feeling renewed and refreshed. Boosted by your dose of 'me time' you will be more able than ever to take on the day and give more to your family, knowing that your next appointment is already in the calendar!



TIPS FOR PICKY EATERS OF ALL AGES

From toddlers to teenagers, many children will have selective or 'picky' eating habits at some point in their development. Here are some strategies to help understand and manage this.

Dealing with picky eaters can be a challenging aspect of parenting. Understanding the reasons behind picky eating and employing effective strategies can help parents navigate this common issue with patience and confidence!

TODDLERS

Toddlers are notorious for their fussy eating habits, often preferring certain foods while rejecting others (and even changing their minds the following week!) They are often picky eaters due to a combination of factors, including biological, psychological and environmental influences. Here are some reasons why toddlers might exhibit picky eating behaviours:

Stage of development

Toddlers are at a stage of rapid growth and development, and their tastes and preferences are still maturing. This can lead them to be more sensitive to new textures, flavours and foods.

Fear of new foods

Toddlers may have a natural fear or aversion to new foods, known as neophobia. This is believed to be an evolutionary trait that protects them from potentially harmful substances. Little ones may be wary of unfamiliar foods, preferring those they recognise and are comfortable with.

Sensory issues

Toddlers might have heightened sensitivities, making them more particular about the taste, texture, smell or appearance of foods. For example, they could dislike certain textures, like mushy or crunchy foods.

Independence and control

Toddlers are at the stage of asserting their independence and autonomy, and mealtime can become a battleground where they attempt to gain



control. Being picky about food is often one way for them to exert control over their environment.

Parental influence

Parents' attitudes and behaviours towards food can also impact a toddler's eating habits. If parents express frustration or stress around mealtime, it can exacerbate picky eating behaviours. Similarly, if parents cater excessively to their child's preferences, it will reinforce these habits.

Environmental factors

The food environment at home, at daycare or other settings can influence a toddler's food choices. Exposure to a limited variety of foods, or frequent consumption of highly processed or unhealthy foods can result in a refusal to eat more broadly.

Appetite fluctuations

Toddlers' appetites can go up and down due to growth spurts, teething, illness or other factors. During these times, they may be more selective about the foods they eat and this is perfectly normal.



STRATEGIES FOR TODDLERS

The toddler stage is crucial for establishing healthy eating patterns and experiences, making it essential for parents to have strategies on hand to tackle this issue.

- ✓ Variety: introduce a range of nutritious foods early on, alongside familiar ones, to encourage exploration and acceptance
- ✓ Be patient: understand that it may take multiple exposures before a child accepts a new food
- ✓ Set a routine: establish regular meal and snack times to provide structure and consistency
- ✓ Lead by example: demonstrate healthy eating habits by eating meals together as a family

PRESCHOOLERS

Preschoolers continue to assert their independence and might display stronger preferences for certain foods. Peer influence and environmental factors can also impact their eating habits. Additionally, children at this age may experience new sensitivity to taste, texture and appearance of food, further contributing to these tricky behaviours.

STRATEGIES FOR PRESCHOOLERS

Preschoolers will begin to resist certain aspects of parenting and picky eating is a common result of this. Here are a few tips to keep your little one eating their greens!

- ✓ Involve children in meal preparation: encourage participation in cooking and grocery shopping to increase your little one's interest in food
- ✓ Make meals fun: use creative presentations and engage your child in themed meals or food-related activities
- ✓ Offer choices: provide limited options to empower your preschooler to pick from a small selection, while ensuring that all the choices are nutritious
- ✓ Avoid pressure: refrain from forcing or bribing children to eat, as this can create negative associations with food
- ✓ Keep calm: it will never help to introduce stress to your young child over food. Keep your cool and remain grounded around food at all times

PRIMARY SCHOOL

As children enter primary school, their exposure to various foods may increase through school lunches, social events and new interactions, such as eating at a friend's home. However, picky eating tendencies can still persist, influenced by things like taste preferences, peer pressure and busy weekdays.

STRATEGIES FOR PRIMARY SCHOOL CHILDREN

With more outside influence affecting your child's relationship with food, let's look at how you can get them back on side.

- ✓ Balance: ensure that meals include a variety of food groups to meet kids' nutritional needs
- ✓ Education: teach children about the importance of different nutrients, how they support their health and make them grow
- ✓ Independence: allow children to make age-appropriate decisions about their food choices, while guiding them towards healthier options
- ✓ Respect preferences: acknowledge and accommodate your child's individual preferences, while gently encouraging experimentation with new foods

TEENAGERS

Teenagers are navigating a period of rapid change, which may influence their dietary preferences and habits. The influence of others, body image concerns and packed schedules can all impact their food choices. Additionally, teens may experiment with restrictive diets or develop disordered eating patterns, further complicating the issue of their picky eating.

STRATEGIES FOR TEENS

Maturing through secondary school, our teens are faced with lots of challenges that can have a serious impact on their relationship with food. It's so important to gently help them to develop and maintain a healthy connection, so that they can stay properly nourished throughout the demands of their week.

- ✓ A supportive environment: try to establish open communication about food and body image, without judgement or criticism
- ✓ Be an example: emphasise the importance of balanced nutrition and mindful eating habits through your own actions
- ✓ Involve teens in meal planning: encourage teens to bring their own ideas and preferences when planning out meals and snacks
- ✓ Seek help: consult with a registered dietitian or healthcare provider if concerns arise about disordered eating or nutritional deficiencies

THE HEALTHIEST HABIT

Converting picky eaters into all-round food-lovers requires a calm attitude, patience, understanding and a proactive approach from parents, for all ages of children. By recognising the underlying reasons for picky eating and implementing appropriate strategies, parents can help their children to develop healthier relationships with food and establish lifelong habits that keep them well and healthy.



PARENTING



Understanding stuttering;
the complexities of
parenting third culture
children; why unplugged
play is more important
than you think and more!





STRATEGIES TO HELP CHILDREN WITH THEIR VOCABULARY

This month, we talked to Owen Semley, Literacy Coordinator and English teacher at The English College, Dubai. Here, he shares his top tips for supporting your child's vocabulary development at home.

It is difficult to overstate the significant role vocabulary plays in a child's academic success. Vocabulary, and literacy in general, is not just an issue for the English classroom. Analysis of international data suggests that a child's ability to read and the size of their vocabulary has a profound impact on their educational success across the curriculum. This is common sense - we know intuitively that strong reading levels equate to strong study skills. If the exams we expect our children to take are written in English, whether the subject is science, mathematics, literature, or PE, then their ability to engage with these exams will be shaped by their literacy skills.

Beyond the classroom

Beyond an educational setting, the impact of reading ability is even more keenly felt. Studies have suggested that reading ability may predict the type of occupation (and salary level) a learner could expect post education. This means that your child's reading ability will affect not only their educational attainment but may have a profound impact on their employment opportunities later in life. How then do we address the development of these all-important literacy skills?

Vocabulary pays off

Researchers have argued that, though literacy is a compound skill made up of reading, writing, speaking and listening, we should place our efforts as parents on children's vocabulary acquisition. Words are the building blocks of language. Paying close attention to your little one's vocabulary development will significantly affect their reading, their writing, their speaking and their listening abilities.



VOCABULARY

WHAT TO FOCUS ON

To develop your child's vocabulary, first, you should aim to furnish your children with a wealth of words. Again, this seems simple but it is here that parents often wonder which words should be focused on. Research applies three tiers to the words we all learn. Tier 1 is our everyday, high frequency words, such as dog, table, walk, while Tier 3 is our subject specific, low frequency words, meaning things like metaphorical, photosynthesis and trigonometry.

Typically, children have little problem acquiring Tier 1 words from everyday life. Similarly, Tier 3 words are actively taught in the school classroom. This leaves us with Tier 2 vocabulary, which are defined as being academic, but non-subject specific, high frequency words. Tier 2 includes words such as exemplify, fluctuate, or ambiguous. Tier 2 words are often not explicitly taught across the curriculum, and yet they have a significant impact on kids' literacy. If you want to improve your child's vocabulary, focusing on Tier 2 vocabulary is the best place to start, and Owen Semley recommends parents research Averil Coxhead's 'High Incidence Academic Word list' for a good reference resource.

SIX STRATEGIES FOR PARENTS

The next question parents often have is "How do I teach these words?" Below, we will explore six tried and tested strategies to help parents teach vocabulary at home. These methods are easy, efficient and time

effective, but most importantly - they work. A combination of one or two (or all six) strategies, used over time, will make a significant impact on your child's vocabulary acquisition.

Synonyms and antonyms

When teaching a new word, it helps to discuss synonyms and antonyms. This allows young learners to connect their new vocabulary to words they are already familiar with. You may discuss synonyms by comparing them - i.e. "Is 'beautiful' a stronger word than 'pretty'?" or "Can you think of a synonym for 'splendid'?" Games such as "How many antonyms for 'terrible' can we think of?" are also great. Use a thesaurus or an online search engine if you get stuck! This may seem simple, but exploring links to previously learned words allows kids to learn new vocabulary at a much quicker rate, by connecting to words they're already comfortable with.

Keep word lists

Simple but effective, this technique involves keeping a log of the new words you explore with your little one. A vocabulary journal or even the back of a notebook provides a useful space to keep a record of the words you have learned. Most importantly, this technique allows you to go back, and revisit words previously acquired, helping you to keep track of your child's vocabulary development over time.



Reading aloud

A huge component of language learning is sound. This is called phonological awareness and phonological decoding - linguistics terminology for sounding a word out. Often words are difficult to learn because they have unusual spellings that we struggle to say. Reading together is a great way to balance this out as reading aloud with a child helps cultivate their phonological awareness. Other strategies, such as echo reading (where you read a sentence and ask your child to repeat the same sentence) can help us to model this phonological decoding for our kids.

Research etymology

Etymology refers to the history of the components of a word - or a word's origin. If we take the word 'monarch' as an example, the 'mon' in monarch comes from the Greek 'mono,' meaning one, and the 'arch' comes from the Greek 'arkos' meaning ruler. Hence we get the definition of monarch as 'one ruler,' i.e. the King or Queen. When students are taught this, they are then better equipped to make sense of other words derived from the same etymology. In this case, learning the word 'monarch' helps a child figure out the meaning of 'monorail' or 'monologue.'

Looking up the etymology of newly learned words can help students to make connections between the words they are learning and give them the skills to decode new vocabulary for themselves. As an added benefit, in Owen's experience as a teacher and coordinator, students often find this side of vocabulary learning quite interesting, as it involves some history and can lead to very intriguing and unexpected links between different words.

Make connections

On the back of keeping a word list and exploring etymology, another strategy to help with vocabulary acquisition at home may be to make

connections between words. Grouping newly learned words, either by subject, by synonym/antonym relationships, or by etymology, can really help unfamiliar words stick in the memory. Experiment with grouping words in different combinations and see what works for you.

Reading appointments

This final strategy is not necessarily about vocabulary, but about reading and organisation in general. Many parents wonder how they can help their children read more. Especially in today's world, with social media and games consoles, it seems harder than ever to get children to read. One useful strategy is to set 'reading appointments,' or short windows of time that are pre-planned for reading.

Fifteen minutes straight after school is a fantastic and easy to fit-in approach, but after dinner or before bed may work better for you and your child. Either way, short, regular windows of reading are always better than infrequent but long stretches. Keeping a 'reading appointment' allows for consistent time spent on developing your child's overall literacy skills and gives you an opportunity to work on some of the strategies mentioned above.

Reading is a complex skill made up of various components and vocabulary is a fundamental aspect of overall literacy ability. Outside of school, the best way parents can support their children in this is by focusing on developing their Tier 2 vocabulary. By using some of these quick, but effective methods with your little one, you should see a great improvement in your child's vocabulary development, allowing them to get closer to their learning potential!



RAISING THIRD CULTURE KIDS

We dive into the cultural nuances of children raised outside of their parents' country of origin.

In a world where globalisation is on the rise, more families than ever before are moving from country to country in search of new employment opportunities, access to better healthcare and education or a more favourable political environment and lifestyle. Children who spend much of their formative years outside either of their parents' dominant culture or place of birth are referred to as 'third culture kids'. While this upbringing offers a myriad of opportunities and often gives rise to some developmental superpowers, it also presents unique challenges for both parents and little ones when it comes to understanding their place in the world. In this article, we'll explore what it means to raise third culture children and provide practical tips for managing the ups and downs.

UNDERSTANDING THIRD CULTURE CHILDREN

Third culture children are exposed to a blend of cultures, often resulting from their parents' international assignments, expatriate lifestyles or multicultural backgrounds. As a result, they often synthesise elements of their first and second cultures to develop their own 'third culture', mixing aspects from their home culture, and host culture, alongside the global communities they encounter. These children may get along best with other kids who also experience the same cultural jumble. How each child adapts or handles their circumstances is heavily influenced by their individual personality and disposition, but also the duration of their time abroad, their age, the length of time they previously spent in their 'home' country and their parents' attitude. The good news is that little ones cope with this mixed, culturally nomadic way of life very well.



BENEFITS

Despite the challenges they may face, third culture children often reap numerous benefits from their distinctive upbringing. Some of the positive characteristics it brings are international experience, neutrality, open-mindedness, flexibility, adaptability, increased empathy and tolerance of others' worldviews and cultures. These young individuals tend to be fluent in multiple languages, at least two cultural 'codes' and comfortable navigating diverse social settings. They develop a global perspective early in life, which can be a valuable asset in an increasingly interconnected world.



CHALLENGES

While the benefits of this multifaceted upbringing are evident, there are also challenges associated with this lifestyle. Third culture children may struggle with issues of identity and belonging, enculturation, grief and loss, and faith, having moved between cultures before they have the opportunity to fully develop their own personal and cultural identity. A weak sense of belonging can sometimes result from a lack of meaningful contact with either their home culture or the host culture where they have been raised. Frequent relocations can also disrupt friendships and educational continuity, commonly leading to feelings of isolation and rootlessness.

FIVE PARENTING STRATEGIES

However, there is so much you can do as a parent to support and nurture your third culture children and mitigate any issues they might face.

Home as a haven

Providing your kids with a sense of stability and consistency is one of the most important tasks for a parent raising their child in another culture. Little ones who come up against feelings of cultural rootlessness usually turn to their parents to work out which social and cultural rules apply - therefore family and home should always be a safe haven in which a child feels like they fully belong.

Cultural ties

It's good to strengthen your child's links with their heritage and country of origin, as this can help them feel like they have a secondary place of belonging and closes the cultural gap between parents and kids. Some parents do this through cooking food from their home country as household staples, regularly taking trips 'home' to visit relatives, celebrating cultural holidays, festivals and traditions together and teaching children their native language - oftentimes speaking it as the main language at home. These things provide children with a green light to explore their heritage and celebrate their unique identity, instead of feeling 'apart' from their home culture.

It's also beneficial to encourage your little one to become familiar with the language, customs and norms of your host country, so they feel grounded in the culture they're being raised in, and also so they have the ability to communicate and bond with the people around them more easily.

Maintaining friendships

In families that switch countries or cities a lot, it's vital that parents support their children in keeping up with the friends they have to leave behind, whether through messages, video calls or trips back to visit. This keeps these important relationships alive for children and mitigates the loss, grief and distress that can come with saying goodbye often.

Open communication and expression

Children adapt to multiculturalism differently as, at the end of the day, we are all individuals and no two people will have the same experience. With this in mind, it can be wise to have open discussions with your little ones about their cultural circumstances. Many children are afraid to disappoint their parents by being seen as 'foreign' or to not be embracing their home culture enough. Therefore, it's common for kids to hide any feelings they may be harbouring in regards to cultural distress or identity worries. However, it's incredibly important to be as delicate and empathetic as you can, as bottling up any negative feelings that arise can lead to mental health issues for kids. So focus on making sure that your little ones know that you don't expect them to be the same as you, and that you understand they have a mixed set of cultural norms that you fully accept. In these conversations, it's best to remember that reverse culture shock is likely to be much stronger for your children than for you. Afterall, they grew up abroad and they don't have the same references, memories or attachment to your native culture. The most



important thing is that they feel able to chat to you and work through their own thoughts and emotions in a safe and supported way.

Multicultural education

Research suggests that third culture kids may find it easier to feel a sense of belonging with other children in a similar position, regardless of backgrounds or differing native countries of origin. There is a mutual experience shared

between all third culture children, alongside many common values, traits and lenses on the world. Enrolling your little ones in international schools that embrace diversity and offer opportunities for cross-cultural learning will give them the best opportunity to find a set of friends that they feel understood by. Exposure to others having a similar experience is a wonderful way of helping children find their 'normal', combatting any alienation they may be vulnerable to feeling and helping them develop their own 'third' culture or code.

THE IMPORTANCE OF COMMUNITY

Connecting with other third culture families can be a brilliant way to gain invaluable support, build a village who understands your lens on life and create a sense of belonging in your new home country. It can also be good to seek out international schools, expatriate

groups and online communities where you and your children can make friends with others who share similar experiences.

EMBRACE THE JOURNEY

The task of raising third culture children requires patience, understanding and a commitment to embracing their unique cultural background, accepting it as different to your own. Raising third culture children is an expansive and rewarding journey, filled with both challenges and opportunities for growth. Rest assured, by embracing your children's multicultural identity and providing them with the support and guidance they need, you can help kids thrive as empathetic global citizens who have a multifaceted outlook on life. Remember, the experiences and memories they gain along the way will shape little ones into resilient, adaptable people, capable of navigating the intricate cultural complexities of our increasingly interconnected world.





HOW TO HANDLE YOUR CHILD'S STUTTER

Understanding the fundamentals behind stammering can help you get ahead of this issue and minimise the impact on your little one's daily life.

Stuttering, also known as stammering, is a speech condition that affects the flow of speech, preventing children from speaking clearly and smoothly. Not only can this make it particularly challenging for them to express themselves, it presents issues when it comes to making new friends and fitting into the social hierarchy of their peers.

THE ROOT CAUSE

Unfortunately, there is no definitive reason for stuttering in children. Some studies suggest that it's a result of a miscommunication between their brain and the muscles in their mouth that are responsible for producing speech. A delay or misfire of this signal could easily lead to a stammer.

There are also genetic factors at play. Children who stutter tend to do so due to a gene that has been passed down to them by a parent. However, a parent or grandparent with a stammer doesn't guarantee that the child will develop one. Surprisingly, it is believed that stress and anxiety cannot 'create' a stutter, although they can trigger or increase the severity of a stuttering issue that is already present.

TYPES OF STUTTERING

There are three main types of stuttering: developmental, neurogenic and psychogenic. Let's dive in!

Developmental

Developmental stammering is the most common kind. Usually appearing in children aged between two and six years old, it often passes within six months - but if it continues, it's best to seek the help of a professional. Boys



are more likely to develop a stutter than girls, and children who begin to stutter after three-and-a-half years of age are significantly more likely to continue.

Neurogenic

Neurogenic stammering can happen as a result of a brain injury or a stroke. Here, the speech signals from the brain may be erratic and produce speech issues.

Psychogenic

Psychogenic stuttering is rare and is usually seen in someone who has experienced a deep, emotional trauma that leads to the sudden presentation of a stammer.

THE SYMPTOMS

Generally, stuttering takes place at the beginning of a sentence and it may be accompanied by a physical expression, such as a frown or a series of blinks. If you're unsure whether or not your child

is stammering, there are a few clear signs. This speech issue can manifest as part-word repetitions, single-syllable word repetitions, prolonged sounds, or blocks and stops.

Part-word repetitions

Part-word repetitions are primarily where a child will seemingly get stuck on the first letter of a word, and keep repeating it until they complete the word or stop entirely, out of frustration.

Single-syllable word repetitions

If your little one is repeating entire single-syllable words in a stuttering fashion, it's likely that they're experiencing a form of speech disfluency.

Prolonged sounds

Stuttering also comes in the form of prolonged sounds. The speaker may appear to freeze on a vowel or consonant sound, dragging it out much longer than usual.

Blocks or stops

The fourth type of stammering is an absence of speech, known as blocks or stops. In the lead up to saying a part of a sentence, your child may hesitate as they try to get the word out to such an extent that there is a noticeable pause or break in the sentence.

OTHER DISFLUENCIES

There are plenty of speech disfluencies that many of us experience that aren't related to stuttering. Repeating whole, multi-syllable words or phrases is something that virtually everyone does from time to time, whether it's due to a hesitation in the middle of a sentence or a distracting thought entering your mind.

Similarly, interjections such as 'um', 'em,' or 'eh', are also normal parts of conversation as children form thoughts while they speak. The same is true with revisions, where your little one might say one word and then another word to more accurately describe what they're trying to say. None of these are standalone symptoms of stuttering and shouldn't really cause any concern.

SOCIAL EFFECTS

As a parent, it's only natural to worry about the social knock-on effects that your little one might experience if they stammer. Let's take a look at how it can play out, depending on their age.

Toddlers

Lots of toddlers who stutter don't even realise that they're doing it. This is actually a good thing as it's less likely to inhibit them socially. With just as much confidence as the next child, they will try to make friends, speak up in class and generally interact with those around them.

Children

If your little one is still stuttering in primary school, the situation may change. They will now be aware that the manner in which they speak isn't the same as all the other kids, and the other students will have noticed that too. This can foster a sense of embarrassment in the child who stammers, leading to them getting less involved in class and possibly beginning to retreat socially.

They may be judged by their peers as less capable and some might even get picked on. It's important to keep the lines of communication open with your child and their teacher, to make sure that your little one isn't experiencing any negative treatment in school.

Teenagers

If you have a teen who stutters, be aware that they may suffer with low self-esteem and a general lack of confidence. Being a teenager can feel excruciatingly awkward at the best of times, so a stutter is a very unwelcome addition. Let your child know that you are there and try to coach them through any social situations they may be daunted by.

TESTING AND TREATMENT

Thankfully, there are professionals who are skilled in the arena of helping children to stop stammering - and early intervention is key. If you are concerned that your child has speech disfluencies, and they have had these for at least six months, then contact your local speech and language therapist.



Evaluation

Initially, the speech and language therapist will examine your child's specific case and make a determination on their condition. They will take various aspects into account, such as which type of stutter the child experiences, how they react when they stutter and what coping mechanisms they have to attempt to move past a stammering point. The SLT will combine this information to understand whether or not your child has a stutter, and how exactly theirs manifests itself.

Treatment

The recommended treatment route hinges on factors that vary from child to child. Among these are your little one's age, how often and to what extent they stutter, how they react to their own stammering and how those around them react too.

Direct and indirect strategies can be used to help your little one overcome their stutter. By tackling the issue explicitly with your child, the direct approach focuses on how

they speak and provides them with tools to overcome obstacles in their speech. An indirect approach supplements a direct approach well, particularly with more anxious children, as it is carried out without the child realising. Indirect strategies include parents slowing down their own speech and removing the pressure for their little one to respond to them quickly. This environmental adjustment will go some way to removing the stress and anxiety that your child may feel, and therefore improve the symptoms of their stutter.

Standing out from the crowd is the last thing many children want, and a stammer is a difficult ordeal for even the most resilient child. The good news is that most kids stop stammering by themselves by five years of age. With more insight into the issue and with the help of a professional, you will be able to find out if your child's stutter is something to be concerned about and how to proceed with treatment. Once on that path, your little one will be able to focus on what really matters - enjoying their childhood and growing into the unique individual they were born to be!

IDEACRATE: REVOLUTIONISING PLAY IN THE DIGITAL AGE

We caught up with Shifa Yusuffali, founder of Ideacrate, a non-digital edutainment company, to discuss the importance of unplugged activities for developing young minds.



Founded by Shifa Yusuffali in 2015 after experiencing difficulties in finding quality entertainment options for herself and her toddler, Ideacrate is now one of the top entertainment and education businesses in the UAE, with over 11 branches across the country and further expansion plans across the Middle East.

Shifa's mission is to revolutionise the edutainment industry by providing innovative and enriching experiences for children and families, setting the standard for high-quality, family-centred edutainment experiences in the region.

UNPLUGGED PLAY

Global bodies of research suggest that primary school aged children should have their screen time limited to one to two hours per day. Outside of this window, parents are advised to keep all activities off-screen. Not only does normal play give kids a chance to be more mindful of the present moment, but studies suggest that unplugged young brains actually work differently. Visualisation, imagination and social cues are all honed through the type of play we adults remember, and other benefits include reduced anxiety, better attention spans and a deeper

connection to a sense of 'self'. The research is clear - children truly need an abundance of unplugged play to develop healthily and it can be useful to think of non-digital fun as a form of mental exercise that needs to be done from a young age.

HOW IDEACRATE BENEFITS CHILDREN

Ideacrate's venues like Orange Wheels and Orange Seeds are a testament to the critical role of safe and stimulating play environments. In a world increasingly



dominated by screens, they offer a refreshing alternative, fostering holistic child development through physical, cognitive and social engagement. Here's why this approach is so significant:

Physical development

Firstly, in the carefully designed spaces such as Central Play, Tree House and soft play areas, children are actively engaged in activities that target their gross motor skills. These activities encompass a wide range of movements that challenge and enhance little one's coordination, strength and overall physical wellbeing. Soft play areas provide a safe and cushioned environment for children to practise crawling, jumping and rolling, promoting kids' agility and flexibility in a fun way. By engaging in these dynamic movements, children develop core muscle strength and improve their ability to control their body movements with precision, while developing a happy relationship with non-digital playtime.

Mental development

Secondly, Orange Wheels is a hub for cognitive growth. In O Town, a vibrant space designed for imaginative play, children immerse themselves in different roles using character costumes. They explore interactive setups like a bakery, a fruit and vegetable stall and a cafe, igniting their curiosity and problem-solving abilities. The arts and crafts section further stimulates the cognitive development of young minds, through activities like drawing, stacking and creative problem-solving, giving kids the chance to build up essential skills for their later success, both academically and in life.

Social skills

However, it's not just about physical and cognitive prowess; social skills are a cornerstone of Ideacrate's approach. Through engaging group activities such as Circle Time and Dance Time, children learn valuable lessons in teamwork, communication and cooperation. Circle Time sessions encourage interactive discussions and collaborative projects, fostering a sense of belonging and camaraderie between little ones. Meanwhile, Dance Time and Bubble Time are not just about fun; they're also valuable learning opportunities. Through these activities, children learn about cause and effect as they interact with the bubbles, develop hand-eye coordination as they reach for and pop bubbles, and experience sensory stimulation through the visual and tactile aspects of the activity.

Emotional development

As little ones develop enough to move beyond noticing and expressing their feelings, they begin to understand and manage their emotions. This usually occurs around the age of 4 or 5 years old. At this stage, helpful play includes:

- Creating art that expresses their feelings
- Solving puzzles or using strategy during games
- Playing in a group with their peers

Orange Wheels offers all of these kinds of experiences, in the knowledge that these activities can really help children to understand and manage their emotions. Creative craft time can be wonderful for encouraging little ones to let their feelings out in a fun, healthy way, while also building up their motor skills. Group play with other children is a natural, real-world avenue for kids to sharpen their interpersonal and intrapersonal skills, coping with their emotions in a positive way among their peers.

MAXIMISING OPPORTUNITIES

Shifa understands the challenges of managing digital exposure in today's world. That's why Orange Wheels strikes a balance, offering a space that limits screen time, while maximising developmental opportunities. The venue's commitment is not just to restrict technology, but to leverage the power of play in shaping well-rounded individuals. Ideacrate believes that by nurturing creativity, critical thinking and social skills in a playful and enriching environment, we can prepare children for success in a digital-centric future.

Orange Wheels isn't just a play area; it's a transformative experience where children play, discover and create in a world that demands adaptability and resilience. It allows parents to redefine the essence of play for today's digital era, celebrating each joyful moment as their kids discover the unparalleled benefits of unplugged, hands-on experiences.



EDUCATION



A global ethos in
preschooling and the
difficulties and wonders of
having a gifted child!





PLANTING THE SEEDS OF A GLOBAL MINDSET: **THE DIBBER PRESCHOOLS WAY**

It is said that a 'good childhood lasts a lifetime.' Therefore, Dibber Preschools' pedagogical framework highlights children's wellbeing, development and their learning. The idea is to aid children in realising their self-worth, exploring their interests and ultimately feeling the joy of mastering challenges. It is Dibber's aim to fill each child's learning journey with joy, play and friendships, empowering them to make a positive impact wherever that journey takes them.

Dibber International Preschools and Nurseries are rooted in the Nordic philosophy of education, which acts as the foundation of their curriculum and their approaches to teaching and learning. Here, upholding the intrinsic value of children and creating a happy childhood in all forms is the nucleus of all educational activities. In line with this mission, Dibber creates an environment that meets children's needs for care, play, bonding and a sense of community, as well as promoting development and learning. Children are seen as unique individuals with the right to participate in and influence their own lives.

THE DIBBER CHILDHOOD MODEL

At Dibber Preschools, children are encouraged to dive into new interests and at each stage, they are appropriately challenged in order to promote continuous learning and skill development. This not only helps them achieve mastery at existing tasks but instills the understanding that learning is a constant journey and an essential part of life. The preschools facilitate learning experiences that ensure children are using their minds, bodies, senses and emotions in social interactions with others. This creates opportunities for them to learn in a flexible, stimulating, and adaptable physical environment that allows them to grow and thrive.

With their educational philosophy focusing on four essential elements - cognitive, emotional, social, and physical development - children at Dibber International Preschools and Nurseries benefit from a well-rounded curriculum that provides a solid foundation for future growth, learning and success.

A CULTURE DRIVEN BY HEART

"Driven by Heart" is more than just Dibber's motto. Every person that is part of and associated with Dibber, including all its activities, is guided by this philosophy. The 'heart culture' is ingrained in Dibber's pedagogy. The famous saying at Dibber is, "We develop



lifelong learners with a heart for the world.” By making each child feel valuable and highlighting their uniqueness, they are encouraged to become the best versions of themselves.

Imagine an educational community where children are taught to be themselves first before delving into other areas of learning. Where learning is built on their interests and passions. This generates self-worth and confidence, allowing children to approach learning holistically and not just associate education with mastering subjects or following set courses and lesson plans. In this manner, Dibber attempts to foster a love for learning at an early stage. Children are also taught that relationships come first, which ensures that mutual respect and compassion for one another are the

guiding principles of everyday life at the units. This is the building block of their pedagogy, which influences everything they practise.

INVESTING IN THE EARLY YEARS TO DEVELOP A GLOBAL MINDSET

Here is how Dibber’s schooling nurtures a global mindset in little ones.

Prioritising children’s intrinsic value

Every child is made to understand that they are unique and individual differences are to be celebrated. This plays a significant role in boosting self-confidence and building a child’s sense of identity. Children learn

to appreciate themselves and the uniqueness in others, encouraging each one to chart their own course for growth and development. This self-reliance helps children grow into empathetic adults who are appreciative of cultural differences.

The ‘I can’ attitude

Children must have the belief that they can accomplish tasks independently. Developing an ‘I can’ attitude is predominant in the Dibber way of learning. Children are encouraged to engage in novel pursuits, explore and experiment. This helps them approach new activities with a sense of curiosity and excitement, while embracing ambiguity. It also helps them absorb information and conceptualise how to make an impact in their pursuits.



‘Play’ as the foundation

At Dibber, there are six approaches that introduce all the essential elements of learning during the early years. These include society and values, language and literacy, nature and science, motion and health, creativity and art, and maths. Play is the thread that binds these elements, allowing children to internalise concepts through play-based interventions. Playing is the most organic way of learning, particularly during early childhood. Building on this helps advance learning capabilities

and promote a love for learning, which can be converted into actionable knowledge by future leaders.

The importance of nature

Playing and learning in nature by spending ample time outdoors is predominant in the Nordic system of education. Children at Dibber spend much of their time outside because it is believed that Nature is the best teacher during the early years. Nature provides maximum sensory stimulation and children learn to interact with their natural surroundings harmoniously.

Furthermore, there are tremendous physical and mental health benefits of spending time in one's natural environment. This allows children to develop a love for nature, a responsibility to contribute to their local community, and, on a larger scale, a drive to protect our planet.

Multiculturalism and diversity

One of the benefits of an international preschool experience is that children are exposed to peers from diverse backgrounds, cultures and nationalities. They learn to live and grow by understanding

and celebrating each other's uniqueness. This paves way for one big global family, where there is true appreciation for diversity and cultural variations. This education is invaluable in cultivating global leaders of tomorrow.

A lifelong love for learning

Understanding ‘how to learn’ as opposed to ‘what to learn’ makes a substantial difference in how children approach learning. In view of cultivating global citizens, the idea is to work on a child's natural curiosity and intrigue, so that education becomes a means to gain knowledge, be aware and be informed, while acquiring essential life skills. As future leaders of tomorrow, children learn communication skills and function in multicultural environments, while approaching everyone with kindness and compassion.

Dibber's locations in the UAE benefit from the seamless indoor-outdoor spaces and natural settings. Engaged educators ensure that children experience magical moments during their time at the units, and they benefit tremendously from the globally acclaimed Nordic curriculum that is designed to develop holistic individuals with a heart for the world. There are endless opportunities to finetune skills, hone creativity, and let the imagination run wild.

Headquartered in Norway, Dibber has over 2 decades of experience in the early education space. With 600+ schools, Dibber has established its Norwegian roots and celebrated Nordic curriculum across the globe. They are all set to dive deeper into the education landscape in the MENA+ region with exciting developments in the coming years.

To know more, visit one of Dibber's facilities in the UAE! Schedule a tour today by visiting www.edu.dibber.com/dibber-forms, or contact the preschool by calling 800-DIBBER or emailing familyrelations@dibber.com.



GIFTED CHILDREN: THE CHALLENGES AND OPPORTUNITIES

While being a gifted child brings obvious advantages, it also presents some issues that can hinder a little ones' development if not properly addressed.



Gifted children possess exceptional abilities and talents that set them apart from their peers at school. Understanding the needs of gifted children and providing the appropriate support is crucial to help them reach their full potential. In this article, we delve into the challenges faced by gifted kids and explore the opportunities available to support their positive growth and success.

UNDERSTANDING GIFTEDNESS

Giftedness encompasses a broad range of abilities across various domains, including intellectual, creative, artistic and leadership qualities. Gifted children often show advanced cognitive abilities, exceptional creativity, intense curiosity and a deep passion for learning. However, giftedness is not always easily identifiable, as it can present itself differently in each child.

One challenge in identifying gifted little ones is tied in with the misconceptions and stereotypes about what being a 'gifted child' actually entails. Contrary to popular belief, giftedness is not solely determined by a child's academic achievement or IQ scores. Many gifted children may struggle in traditional educational settings because of factors such as boredom, under-stimulation, or a lack of challenge.

DIFFICULTIES

Being a gifted child isn't necessarily a one-way ticket to success. These little ones face a series of challenges as unique as themselves.

Lack of challenge in school

Gifted children often find themselves under-engaged and unstimulated in conventional classroom environments. The pace and content of the regular curriculum may fail to meet their advanced learning needs, leading to them becoming easily bored and frustrated.

Social and emotional issues

Gifted children may also struggle with social interactions and emotional regulation. They could feel isolated from their peers due to their differences in interests, maturity or communication styles. Additionally, they may experience heightened sensitivity and perfectionism, which can enhance their feelings of anxiety and self-doubt.

Unrealistic expectations

Gifted children may face pressure to excel academically or perform at a level beyond their developmental readiness. Unrealistic expectations from parents, teachers and society can contribute to stress and feelings of inadequacy for these special kids.

Asynchronous development

Gifted children often exhibit asynchronous development, where their intellectual, emotional and physical development occurs



at different rates. This disparity can create challenges in finding appropriate educational and social experiences that can meet their diverse range of needs.

SUPPORTING GIFTED CHILDREN

Thankfully, there are methods to aid our gifted kids, and to provide them with the launchpad to shoot for the stars.

Individualised Education Plans (IEPs)

Developing personalised learning plans tailored to the specific needs and interests of gifted children is essential. IEPs can include advanced coursework, enrichment programs, acceleration options and opportunities for independent study or mentorship. Talk to your child's school about how they can help your son or daughter with an education plan that is tailored to their specific needs.

Differentiated instruction

Teachers can implement strategies such as curriculum compacting, tiered assignments and flexible grouping to accommodate the diverse learning styles and abilities of gifted students. By providing challenging and stimulating learning experiences, teachers can keep gifted children engaged and motivated.

Enrichment programs and extracurricular activities

Enrolling gifted children in enrichment programs, summer camps and extracurricular activities that cater to their interests is an accessible way to provide your child with valuable opportunities for intellectual stimulation and social interaction with like-minded peers.

Social and emotional support

Recognising and addressing the social and emotional needs of gifted children is crucial for their overall wellbeing. Schools in the UAE may offer counselling services, peer support groups and social skills training to help gifted children develop resilience, coping strategies and positive relationships. It's always worth asking your little one's school what support they have in place to avail of.

Parental involvement

Parents play a big role in advocating for their gifted children's educational needs and providing support to them at home. By fostering a nurturing, stimulating and safe environment, parents can encourage their children's curiosity, creativity and passion for learning through fun at-home activities.

OPPORTUNITIES FOR GROWTH

Our children are the future of society. While everyone has their part to play, gifted kids have the potential to help us change the world.

Talent development

Identifying and nurturing the talents and interests of gifted children can lead to exceptional achievements and contributions in various fields in the future, including science, technology, arts and leadership.

Innovation and problem-solving

Gifted children have the capacity to grow up to drive innovation and solve complex problems that benefit society as a whole. By harnessing their creativity and critical thinking skills, gifted kids can hopefully make meaningful contributions to scientific advancements, technological breakthroughs and social change in the years to come.

Leadership and advocacy

Elevating gifted children to become leaders and advocates for causes they care about can have a significant impact on their communities and the world. By slowly building up their leadership skills and instilling the important values of empathy and social responsibility, parents, in partnership with our schools, can help to cultivate the next generation of change-makers and visionaries.

A GIFT FOR US ALL

Understanding and supporting gifted children requires a multifaceted approach that addresses their academic, social and emotional needs. By recognising the distinct challenges they face and providing them with the right support and the necessary opportunities for growth, parents can help their gifted children to thrive and realise their full potential. Empowering these spectacular little ones not only benefits them individually, but also enriches our world with their unique talents, perspectives and contributions.

SCHOOL & FAMILY BREAKS



Six stunning vacation
destinations you
should consider!



SIX SUMMER HOLIDAY IDEAS

*Here are some beautiful family holiday
destinations that could be just what your family
is looking for this year!*

According to Skyscanner, some of the leading trends for GCC travellers this year are slow travel and cultural immersion. Tourists and families are increasingly looking to take their time, connect with local culture, disconnect from technology and minimise their impact on the environment.



HIKE THE SWISS ALPS ON A SOMMELIER TOUR

GCC families looking for an active summer holiday can visit the region of Graubünden in Switzerland, and hike with the world's first air sommelier, Patrick Stebler. The award-winning perfumer from Chur, Switzerland offers one-of-a-kind tours around the Graubünden mountains to help guests uncover the unique scents of the region, from its distinctly crisp morning summer fragrances in its verdant valleys, to its calming, resinous top notes found in the lush forests. Beyond the olfactory experience, these tours offer a full-body immersion into the cultural fabric of Graubünden, with opportunities to meet local artisans, indulge in regional cuisine, and partake in activities like berry picking and hiking.

Stunning nature

Known for its bright green valleys, snow-capped peaks and shimmering Swiss Alpine lakes, Graubünden is ideal for individuals, couples and families seeking spectacular outdoor adventures, with each region of the canton providing a unique set of experiences to suit every set of tastes. Excitement and stunning nature await you and your loved ones, as visitors can hike among the craggy ravines of the Rhine Gorge, otherwise known as the little Swiss Grand Canyon, experience thermal water healing at one of Graubünden's many world-renowned spas, or take a train through glacial landscapes, an activity that has been graced with the accolade of being named among the most spectacular train journeys in the world.

For reservations, visit [visitgraubunden.com/en](https://www.visitgraubunden.com/en) for more details.

LOUNGE AT YOUR PRIVATE BEACH ESCAPE IN CORFU, GREECE

Perched majestically on a hillside overlooking the serene expanse of the Ionian Sea, Ultima Corfu is an exquisite private beachside residence that promises an unparalleled retreat for families and friends alike. Boasting over 1,000 square metres of luxurious living space, this property seamlessly blends the outdoor landscape with its elegant indoor spaces.

Activities and fun

Beyond its stunning interiors, Ultima Corfu offers a wealth of bespoke experiences designed to elevate every moment of your family's stay. From exclusive beachside lounging to thrilling water sports adventures, your household can immerse themselves in the tranquil beauty of the Ionian Sea, indulging in gourmet delights prepared by expert chefs, using locally sourced ingredients that celebrate Corfu's rich gastronomic heritage. For those seeking relaxation and rejuvenation, luxurious spa treatments, holistic wellness programs and yoga sessions await overlooking the azure horizon.

For reservations, visit www.ultimacollection.com/en/collections/ultima-corfu





A TROPICAL FAMILY TRIP

Situated in the south of Mahé, Canopy by Hilton Seychelles is the brand's first resort property in the world, seamlessly blending local flair with contemporary charm to deliver an idyllic getaway for families and adventure seekers alike. A short drive from the Jardin du Roi (Spice Garden), and Seychelles Golf Club, you will have plenty to do! The 120 guestroom resort draws inspiration from its surroundings to offer an authentic experience - from the stylishly designed rooms, to the tranquil spa and world-class food and drink offerings.

Perfectly located for adventure and relaxation, the resort overlooks crystalline waters and has a plethora of onsite restaurants to indulge in, as well as kids' and teen clubs, a swimming pool, direct access to the Anse à la Mouche beach, known for its shallow and calm seas, perfect for swimming and snorkelling together.

Visit www.hilton.com/en/hotels/sezmapy-canopy-seychelles-resort to learn more.

INDULGE IN A GREEK GETAWAY

Perched above a protected cove on the rugged west coast, the newly opened One&Only Kéa Island promises discretion, seclusion, and authentic Aegean living. The resort's exceptional experiences celebrate the natural and cultural wonders of Kéa, with bespoke adventures across land and sea.

Water fun

With the resort's expert team, experienced technical divers can explore the Mediterranean's most renowned dive sites, including four historic wrecks and protected marine parks surrounding Kéa, while beginners can learn the art of diving in the bay's calm waters. Above the waves, guests can sail to one of the island's secluded beaches, accessible only by boat.

For reservations or more information, please visit oneandonlyresorts.com/kea-island



TRANQUILLITY IN THE MALDIVES



Emerald Faarufushi Resort and Spa invites GCC travellers to escape to the azure waters of the Indian Ocean. Boasting 1.2 km of pristine white-sand beaches, the resort offers an ideal escape for those yearning for

the perfect relaxing summer getaway. Nestled within the lush tropical gardens of the resort, the Emerald Spa resides at the heart of the island, offering an oasis of tranquillity and rejuvenation for families looking to truly relax.

Spectacular spa days

Embracing the rich traditions of Thai and Balinese cultures, the spa delivers world-class treatments using premium natural products from the renowned British brand, Elemis. Its contemporary architecture seamlessly integrates with the surrounding beauty, creating a serene ambience to unwind within. Guests are welcomed into a sanctuary of calm, featuring eight air-conditioned tree-huts, a steam room and a blissful relaxation area complete with plunge pools.

Additionally, a yoga pavilion and manicure and pedicure stations cater to every aspect of wellness. As the summer sun bathes the island in warmth, you and your loved ones can surrender to the serenity of the spa sanctuary and let your worries melt away.

For reservations and more information, please visit emerald-faarufushi.com



BOUTIQUE ITALIAN HOSPITALITY IN THE HEART OF CAPRI

A reimagined oasis in the heart of Capri, Pazziella Garden and Suites is set among peaceful floral gardens and lemon groves just 100 metres from the Piazzetta. It offers Mediterranean sea views and world-class service.

Historic surrounds

Originally a private villa dating back to the early 1900s, Pazziella Garden and Suites has been meticulously transformed into an exquisite 25-suite property. Established in 1950 as A' Pazziella, it proudly stands as one of Capri's oldest hotels, offering a blend of tradition and luxury.

Amenities

Newly reopened, the renovation of Pazziella Garden and Suites, which lasted almost three years, has resulted in a refined collection of exquisite suites housed in two charming villas, surrounded by lush greenery. The hotel's interior design was a collaboration with renowned Italian craftsmen and local artisans, to capture the true essence of the location where it stands. Rooms at the Pazziella are decorated in a contemporary style with light colours and antique furniture and guests can also enjoy a swimming pool in the garden, and private pool or outdoor whirlpool jacuzzi in select suites.

La dolce vita

Nestled in the heart of Capri's town centre, just a short stroll from the central Piazza Umberto I, Pazziella Garden and Suites provides your family with an atmosphere of tranquil luxury. Here, your family can

discover the flavours and fragrances of the city of Capri, its unique and uncontaminated nature, the region's excellence in food and an unequalled experience in authentic Italian slow living - an ideal family retreat from the island's bustling streets.

World class rustic dining

The highlight of Pazziella Garden and Suites is the P Garden Restaurant, a seamless indoor-outdoor space that extends into the gardens and poolside area. Immersed in a simple and elegant atmosphere, P Garden is the ideal spot to have an aperitif by the pool or dine on refined Mediterranean delicacies. Led by executive chef Angelo Fumeto, the restaurant offers a seasonal Mediterranean menu featuring signature dishes such as Tonnarello pasta with tub gurnard pulp, lemon and zucchini, showcasing the essence of Mediterranean and Neapolitan cuisine. Based on fresh ingredients selected with care, the dishes are always guided with respect towards the seasonality and the territory. The restaurant welcomes diners to enjoy an à la carte breakfast and a sumptuous lunch indoors or by the pool, and later transforms into a candlelit dinner venue, providing a perfect setup to enjoy the intimacy of the property.

The Funicular Railway Station is a 2-minute walk from the suites and provides frequent service to the Marina Grande. From here, ferries depart for Naples, Ischia and Sorrento, allowing your family to explore the surrounding Italian cultural hotspots.

**For more information, call + 39 081 8340044 or
email info@pazziella.it.**

HOME & GARDEN



The Disney inspired
furniture collection
from Stokke and the
surprising rise of
Brutalist design in
family homes!





CREATING MAGICAL MOMENTS TOGETHER WITH STOKKE

Introducing the premium children's collection featuring Mickey Mouse by Disney and Stokke® - celebrating the magical everyday!

Founded in Ålesund Norway in 1932, Stokke began life as a manufacturer of high-quality furniture. Their first product for children was launched in 1972 - the iconic Tripp Trapp® chair, which has sold more than 14 million units, and remains a core product in the Stokke collection. Since 2006 Stokke has focused exclusively on designing premium children's furniture and equipment with a focus on highchairs, strollers, baby carriers, home textiles and nursery items.

CHIC DESIGNS WITH A PLAYFUL TOUCH

The Disney Stokke® Collection showcases sophisticated, whimsical designs, stirring a sense of nostalgia in parents and sparking curiosity in children. Consisting of two new original patterns, Mickey Signature and Mickey Celebration, it invites families to create Disney-infused memories as they share stories together and forge deeper connections, whether snuggling up at home or out on exciting journeys.

Mickey Signature

Mickey Signature is a refined, yet lighthearted monochrome pattern inspired by Disney. Incorporating a variety of elegant, hand-drawn Mickey Mouse heads, which are turning around, looking in all directions for the next adventure, they are offset by simplified outlines of the Mickey Mouse silhouette. Every adorable element of this design sits on a warm beige background for a timeless, versatile look.

Mickey Celebration

Cheerful and authentic, Mickey Celebration is a modern appraisal of the original Mickey Mouse, with his iconic red shorts, yellow shoes and white gloves. We see Mickey Mouse in seven different poses, expressing a range of emotions from shy to excited! In combination with an invigorating colour palette that complements the Tripp Trapp® trend collection, Stokke has taken a playful and charming approach towards the pattern. By adding a variety of confetti elements in different sizes, its joyful expression is amplified.

A RANGE OF INSTANT CLASSICS

Stokke's fantastic new collection, in collaboration with Disney, hosts a range of must-haves that are sure to bring a smile to

your child's face, and a sprinkle of magic into your home. The collection includes:

- Tripp Trapp® Classic Cushion - Mickey Signature
- Tripp Trapp® Classic Cushion - Mickey Celebration
- Stokke® Nomi® Cushion - Mickey Signature
- JetKids™ by Stokke® Crew Backpack - Mickey Celebration
- JetKids™ by Stokke® CloudSleeper™ - Mickey Celebration
- Stokke® Sleepi™ Mini & Stokke® Sleepi™ Bed Sheets - Mickey Celebration
- Stokke® Flexi Bath® - Mickey Celebration
- Stokke® Flexi Bath® X-Large - Mickey Celebration

THE MAGICAL EVERYDAY!

Every day is magical when Mickey Mouse is around. Relive these wondrous moments from your own childhood as your baby discovers the famous Mickey Mouse for the first time, and you watch your little one's eyes light up with sheer excitement. With the new Disney Stokke® Collection, whether it's sitting, sleeping or even bath time, you get to add an extra dose of enchantment to your everyday life. So, let's embrace that magic together, as we watch our children grow, learn and discover the world.





WHY THE BRUTALIST AESTHETIC IS ON THE RISE

What is it that makes this style so unexpectedly popular?

Beyond the ebb and flow of short-lived interior design trends lies a movement that's making its mark in the homes of families around the world: Brutalism. Yes, you read that right - Brutalism, with its bold, concrete aesthetics and uncompromising presence, is making a resurgence in family spaces, offering an attractive blend of durability, functionality and, believe it or not, warmth.

Gone are the days when Brutalism was solely associated with austere buildings or towering urban structures. Today, it's finding its place in the cosy confines of family living, bringing with it a sense of earthy authenticity and timeless appeal. But what exactly is Brutalism, and why is it gaining traction among families who want to modernise their living spaces?

WHAT IS BRUTALIST STYLE?

At its core, Brutalism is an architectural style that emerged in the mid-20th century, characterised



by its use of raw concrete, geometric forms and a distinct lack of embellishment. While its name may evoke images of harshness and severity, Brutalism actually embodies a sense of honesty and integrity in its design ethos. It celebrates the inherent beauty of materials, embracing their natural textures and imperfections, rather than concealing them behind layers of ornamentation.

For families, Brutalism offers a refreshing departure from the cookie-cutter aesthetics of conventional home décor. It's a style that encourages a little more self-expression and individuality, allowing homeowners to create spaces that genuinely reflect their personality and values. Whether it's an exposed concrete feature wall in the living room or a minimalist concrete kitchen island, Brutalist elements add character and depth to any room, serving as conversation starters and focal points for family gatherings.

DESIGN ADVANTAGES

Beyond its visual appeal, Brutalism also boasts practical benefits that make it surprisingly well-suited to family living. Concrete, with its inherent strength and durability, is virtually indestructible, making it ideal for high-traffic areas and bustling households. From rambunctious children to enthusiastic pets, or social events with a heavy footfall, Brutalist interiors can withstand the wear and tear of everyday life with ease, requiring minimal maintenance and upkeep - which is of huge benefit to busy parents!

Moreover, Brutalism's simplicity and functionality lend themselves to family-friendly design solutions. Open floor plans, integrated storage units and multipurpose furniture are all hallmarks of Brutalist interiors, allowing households to maximise space and adapt to their changing needs over time. Whether it's a cute reading nook tucked beneath a cantilevered staircase, or a versatile dining area that doubles as a homework station, Brutalist design encourages innovation and resourcefulness in family homes.

RELATIONSHIP TO HOTTER CLIMATES

Living in a region where temperatures can really skyrocket during summer, Brutalism's use of concrete might be the answer for those seeking respite from the relentless sunshine. The robust nature of concrete provides natural insulation that keeps your interiors cool and



comfortable, even in the sweltering heat. This innate thermal mass not only reduces the need for excessive air conditioning, but it also translates into a more eco-friendly approach to living in hot climates.

ENVIRONMENTAL CONSIDERATIONS

As we delve deeper into the realm of Brutalism, it's important to address its environmental implications. While concrete is renowned for its durability, its production can carry a significant ecological footprint. Nevertheless, architects and designers are pioneering innovative approaches to mitigate these concerns. From recycled aggregates, to the development of carbon-neutral concrete blends, the design industry is embracing sustainable practices that minimise the impact of Brutalist materials on the planet.

WHY CONTRAST MATTERS

One of the most compelling aspects of incorporating Brutalism into your home is the juxtaposition it creates between raw, industrial materials and plush, inviting textures. Far from feeling cold or grim, this interplay of elements adds depth and snugness to your living spaces, creating an atmosphere that is as comfortable as it is striking. Embracing this aesthetic in your home certainly doesn't mean sacrificing any cosiness or warmth. On the contrary, the juxtaposition of concrete surfaces with soft furnishings and natural accents creates a lovely balance that feels inviting and homely. Think cushioned sofas nestled against concrete walls, warm wood tones complementing polished concrete floors, and earthy textiles adding tactile appeal to your space. It's this blend of rough and refined elements that gives Brutalist interiors their distinctive charm, making them equally suitable for quiet family nights in or lively gatherings with friends.

GO FOR IT!

In essence, Brutalism represents a departure from the ordinary - a rebellion against the mundane and a celebration of the unconventional. By embracing this quietly bold aesthetic, families can create homes that resonate with earthiness, creativity and a sense of adventure. So why not dare to be different and transform your house into a sanctuary of style, substance and soul. After all, home is where the heart is - and with Brutalism, it's also where the art is.

GOOD LIVING



The impact of a good
shower filter on your
complexion and this
month's beauty picks!



THE BEAUTY BENEFITS OF A SHOWER FILTER

I'm excited to talk to you about the phenomenal effect a shower filter can have on the health of your skin and hair. It's a small addition to your beauty routine, but it makes a huge difference!

There's so much focus on skincare products, makeup and hair care treatments when it comes to beauty. I'm as guilty of this as anyone else! However, there's a really essential element that most of us overlook - the water we use to shower. You see, unfiltered tap water contains impurities that wreak havoc on our complexion and our tresses - which is where a shower filter comes in! But how exactly can it help?

Soften hard water

One of the biggest benefits of a shower filter is its ability to soften hard water, which is so prevalent here in the UAE. Hard water contains high levels of minerals like calcium and magnesium, which have some not-so-great effects on our appearance, leaving behind an invisible residue that makes our skin and hair feel dehydrated, rough and brittle. A shower filter removes these, so you can say goodbye to that tight, uncomfortable feeling after showering - and hello to silky-smooth skin and glorious locks!

Soothe sensitive skin

If you suffer from skin conditions like eczema or psoriasis, you'll know exactly how irritating it can be to shower in water that leads to a flare up. The chemicals found in unfiltered tap water can really aggravate sensitive skin, leading to that dreaded redness and uncomfortable itching. A shower filter will keep your exposure to a minimum, so that your skin stays as happy as possible!

Protect your colour

Unfiltered shower water has elements that cause your hair colour to fade more quickly, leaving your mane looking a bit lacklustre. A filter will take out these colour-dulling impurities from the water, so your hair keeps its brightness and vibrancy for much longer between your salon appointments - who doesn't want that?!



Hello healthy hair

Filtering also has a wonderful effect on your overall hair health. The lack of impurities and irritants in the water helps to prevent unwanted build-up on your scalp, which can increase the likelihood of dandruff and other scalp conditions. Cleaner, healthier water means cleaner, healthier hair, with increased shine, strength and manageability.

Better skincare results

If you're serious about skincare, you'll know that water quality has a significant impact on the effectiveness of your products. Hard water can interfere with the performance of cleansers, exfoliants and moisturisers, making it more difficult for them to penetrate into the skin and deliver their benefits. By using a shower filter to soften and purify your water, you'll create the best possible canvas for your skincare products to work their magic, so you can enjoy clearer, smoother and more radiant skin!

This simple little device can make a world of difference in your beauty routine, trust me. My hair and skin has been truly transformed by using a filter - so why not treat yourself, to look and feel your best from head to toe!



This month, I've picked out the retinol product that's fast becoming a mainstay in my skincare routine, and a newly refurbished salon right here in Dubai, that's perfect for all your pampering needs!

ELIZABETH ARDEN: THE NEXT GENERATION OF RETINOL



As a skincare pioneer with over 120 years of expertise, Elizabeth Arden continues their journey of innovation with the next generation of retinol, launching Retinol + HPR Rapid Skin Renewing Water Cream.

Proven to visibly reduce wrinkles in just one week, the light-as-air cream is gentle enough to use both day and night (alongside SPF) for experienced and first-time retinol users. The potent yet mild formula firms the skin, reduces dark spots and pores, and improves clarity, tone and texture to reveal radiant and revitalised skin after the first use.

The new skin-renewing water cream includes retinol + HPR, a next-generation retinoid, which is ten times more potent than pure retinol – delivering double the power and double the care! An innovative airless pump protects the light sensitive retinol within, ensuring purity and potency for every application.

Skin-firming power peptides support collagen and target deeper wrinkles, and a water-magnet blend of phytoceramides and hyaluronic acid strengthen and cushion your skin with round-the-clock hydration, while soothing bisabolol and ginger root help minimise any irritation. In my opinion, it's the perfect skincare option for the warmer months!

Priced at AED 493, the Retinol + HPR Rapid Skin Renewing Water Cream is available online at www.namshi.com, www.ounass.ae and www.faces.com.

GET YOUR BEAUTY FIX AT WILLOW LANE

Willow Lane Hair and Beauty, one of Dubai's most beloved boutique-style salons, has announced the completion of its stunning refurbishment. Located in Dubai's Jumeirah Lakes Towers (JLT), the inspiration behind the salon's interior design was to evoke the relaxed, chic ambience of Bali, while offering a greater range of rejuvenating treatments and services.

"Our aim is to provide a space where you can escape the hustle and bustle of life and indulge in a moment of self-care and pampering," says co-founder Nikki Martin.

A picture perfect space

The salon has been expanded to provide more room for you to relax and enjoy your treatments. With a larger floor area, you can now indulge in your favourite services in a more spacious and photo-worthy environment. Willow Lane Hair and Beauty now features ten hair stations and eight manicure stations, so you get to enjoy your favourite hair and nail treatments simultaneously. As an official stockist of The Gel Bottle, the salon is known for its incredible Biab manicures and pedicures, which are long-lasting and leave hands and feet feeling revitalised!



Expert care

The salon is staffed by a team of highly skilled and experienced hair and beauty experts, all of whom have been trained in the UK. In addition, Salon Manager, Brogan Scofield Sidlow runs the show with her impeccable expertise and finesse in client servicing.

"Whether you need a fresh new Balayage or a stunning manicure, our expert team is here to help you look and feel your best," adds Inka Paul, co-founder of the Willow Lane Salon.

For more information, visit www.willowlane.ae, or to book an appointment, call: 052 584 8201.



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