

ISSUE 156 | JUNE 2024 | DHS15

Mother Baby & Child

EVENT REPORT: EARLY
CHILD DEVELOPMENT

STAYING COOL IN THE
SUMMER HEAT

THE BENEFITS OF
FAMILY MEAL PREPPING

PREPARING TO START
SCHOOL OR NURSERY

HANDLING YOUR
CHILD'S LIES

**SCREEN-FREE
ACTIVITIES
FOR KIDS!**



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EDITOR'S LETTER

Hello Mum!

This month is a busy one - the summer holidays are looming, Eid al-Adha is just around the corner, Father's Day is coming up and it's getting hot out there! We've included some lovely ways to celebrate in our Things To Do section, including a fun-filled family day out and Eid dinner at LEGOLAND, a delicious Indian thali-style get together and a spectacular 'special occasion' brunch experience. Make sure to check it out on page 12.



School's out for summer, but that doesn't have to mean that children don't stay engaged! We've carried a useful article full of screen-free activities for kids to try during the holidays. The long summer break is the perfect opportunity to work on forming some habits and hobbies away from the digital world with your child, in a way that feels fun and accessible! Read all about it on page 16.

At the end of May, we held a very special free event, centred on the theme of 'early child development', to help support parents searching for information, expertise and insights into this vast topic. Our speakers discussed many aspects of early child development, including how best to prepare your little one to start school, a paediatric doctor's perspective on developmental milestones, the benefits of exploration through play, and more. The event was a safe place for parents to open up, listen to experts and ask their questions. Read all about it on page 30 of this issue!

Elsewhere, we discuss why kids lie and how to manage it (page 28), the best ways to keep little ones cool in the summer heat (page 18) and whether you should consider meal prepping for your family (page 20).

As always, we have the Editor's beauty recommendations of the month (page 49), which include an Indian 'clean beauty' brand that's on the rise in the region, the wonders of a multipurpose lip and cheek tint, and the stylish summer makeup trends that will put a pep in your step this season!

There's lots more for you to discover in this issue, including some fabulous restaurant reviews and plenty of health and family wellbeing articles.

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

Happy reading!

Ella

Editor

Mother, Baby & Child Magazine

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Editor's — PICK —

GOTHIC ELEGANCE FROM MONTEGRAPPA, FOR ALL LITERARY DADS!

This is not for everyone, but I think this may be the coolest, most memorable and thoughtful Father's Day gift for dads who love the old school sophistication of using a fountain pen - and collectors of fountain pens.

Created by Montegrappa, the highly esteemed Italian luxury pen manufacturer, the Frankenstein L.E. fountain pen is not just a pen; it's a limited-edition masterpiece that captures Gothic elegance in a very special and beautiful way. The detailed rivets down the pen shaft echo the origins of Frankenstein's monster and the lightning charges evoke the essence of the Frankenstein story.

If you are gifting a collector this Father's Day, this very special gift will allow them to discover a deep appreciation for the literary heritage the pen represents and the artistry it embodies. It's not just a writing instrument; it's a tangible piece of literary history, a demonstration of the enduring power of Mary Shelley's masterpiece, making it a cherished addition to any collection and a source of inspiration for literary and artistic fathers.

*For more information on the collection,
visit www.montegrappa.com.*





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

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CHILD SAFETY AND LUXURY WITH YANGO'S NEW 'ELITE' TARIFF

Let's face it, some special occasions require arriving in style. But if you really want to make a special entrance, why not arrive in a luxury car, allow the chauffeur to open the door for you and start your occasion feeling empowered to the max!

Many mothers know the popular ride-hailing service, Yango, with the safety reputation of their Kids Service Class, which is equipped and acclaimed for delivering children from A-to-B, with safe, specialist drivers. These vehicles are equipped with high-quality children's safety seats, (meaning you don't have to carry bulky car seats when travelling with kids!) and the driver training includes first-aid basics and a solid understanding of child behaviour.

Yango has now launched their Elite Tariff, a new premium service class in Dubai, complete with elite drivers. Designed for those special occasions when only the best will do, the Elite Tariff adds elegance and class to your travel experiences. You'll get top-of-the-line vehicles such as the Mercedes-Benz S-Class or BMW 7 Series. These cars are a part of the experience, combining your comfort with the unparalleled style you deserve! The easy-to-use app and competitive rates make this luxury an accessible choice for families on the go!

You can download the Yango app from Google Play or the App Store.

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THINGS TO DO



A stunning foodie brunch;
family fun at LEGOLAND;
Thali-style Eid celebrations
and more!



A NIGHT AT REFORM SOCIAL & GRILL

We turned to the British gastropub concept, Reform Social & Grill in The Lakes, to find out why the venue is so popular with both Brits...and the rest of the Dubai world!

Reform Social & Grill has long had a reputation of being a favourite amongst the British expat population of Dubai, but a visit to sample the restaurant revealed that it is more true to say it is a 'family' favourite.

We went for an early dinner at 6pm on a Friday night. It was packed, so we advise you to book in advance! The restaurant was the choice for lots of families with kids of all ages, with the beautifully noisy hum of friends and families chatting and spending time together while enjoying good food and fun family time. Everyone dresses comfortably and casually in whatever feels right for them, so the Reform Social & Grill really is a happy place...until the menus arrive, at which point the relaxation aspect turns to excitement!

STARTERS

The menu includes a choice of 12 starters, ranging from hearty options such as ribs, sliders and scotch eggs, to lighter options such as pear and walnut tart, the soup of the day and an elevated twist on prawn cocktail - the crayfish and shrimp cocktail. This one featured buttery avocado and sweet cherry tomatoes, with baby gem lettuce - all creating a light and beautiful balance with the shrimps and Mary Rose sauce, which itself had a zing of citrus to it.

MAIN COURSES

Next up, some classics for the main course - grilled salmon and chicken Kiev were the two choices we made from the Reform Favourites part of a main course menu that's divided into sections to help you make your selection. These include Sharing Platters (charcuterie, British

BBQ items and meats), filled Yorkshires, British curries, Reform burgers, classic pies, grills and a separate pizza menu.

Happily, both the salmon and the chicken Kiev were perfectly cooked to remain moist and succulent - and that means packed with flavour. Crispy salmon skin is always a treat, but when paired with flavoured crushed potatoes and a tangy, buttery lemon sauce, up go your contentment levels! Similarly, the chicken Kiev delivered happiness in the form of a crispy coating, beneath which lay the juicy chicken breast and the much anticipated oozy garlic butter centre trickling into the mash potatoes and fresh baby broccoli.

DESSERTS

The selection of classic British desserts include...can you guess?! Sticky toffee pudding, chocolate roly poly, English trifle (made the proper way!), classic baked cheesecake, the daily crumble and our choice, the banoffee pie. This was a thin pastry case filled with all the good stuff - toffee sauce, sliced fresh banana, oodles of whipped cream and a sprinkle of cocoa on top. The combination of flavours is a classic for good reason, and when wonderfully made by Reform Social & Grill, it becomes clear that their chefs understand how to balance a hearty meal with a light and satisfying finish.

From a full English breakfast to traditional weekend roast, Reform Social & Grill offers an authentic gastropub experience for the whole family.

For bookings and more information, call 04 454 2638 or email reservations@reformsocialgrill.ae.

THE BULL AND BEAR SATURDAY BRUNCH EXPERIENCE!

Find a reason to dress up, look amazing and get ready for our Editor's Pick Saturday 'brunch date' with your foodie spouse.



There are two kinds of brunch. The fun and delicious kind...and then there's the rarest one - the 'best you've ever had' category of brunch. The Saturday brunch experience at Bull and Bear, in the Waldorf Astoria in DIFC, is the latter and a true foodie will remember it forever.

The Bull and Bear Saturday brunch is not for everyone. It's for couples who want to treat themselves to a fine dining experience that will blow their socks off. Perhaps it's a special occasion, an anniversary, a visit from friends or family, an early Father's Day date, or simply an excuse to spend quality time together while the kids are busy elsewhere.

Your Saturday brunch experience starts before you even get to the table. Upon arrival, you'll be greeted like a VIP and suddenly feel like the party has been organised for you! Choose your tipples from a tray of welcome drinks on your way, as you're shown to your table.

WELCOME AND ATMOSPHERE

Enjoy your refreshing drink as you soak in the atmosphere of beautifully dressed friends, groups and couples all relaxed and enjoying each other's company. Women catching up with friends and enjoying some quality me-time. A birthday celebration at another table. Dates playing out in happiness and relaxation. Easy jazz playing in the background as you watch the immaculate service team enjoy the business of making people content, with some of the best and warmest level of service you'll see anywhere in the world.

The atmosphere has an echo of the New York stock trader's high life and you'll be taken care of right from the get-go. Your food adventure will start with the arrival of freshly baked, warm bread and a mildly spiced, light-as-air, cool and creamy whipped butter. The taste is superior and the combination has come from one of our great culinary minds.





EXQUISITE APPETISERS

You'll be served a set menu intelligently conceived and impeccably created by some of the finest chefs in Dubai. First, a selection of cold appetisers that include Dibba Bay Oysters, with a truffle sauce; cured salmon with a ponzu dressing, wasabi avocado and light tapioca crackers; a beautiful burrata with compressed sweet tomatoes, fresh pesto, olive powder and pine nuts; and a deliciously creamy beef tartare with saffron aioli and egg yolk, topped with Kaluga caviar.

Don't worry, you'll have space for this course! Part of the culinary intelligence behind the menu is that the dishes are all designed like a chef's menu - small bites and dishes, with lots of exquisite tastes that won't fill you up. So enjoy the hot appetisers of three more dishes that include an unforgettable truffle mushroom arancini. Just to break this down for the foodies...A wild mushroom risotto, with parmesan stirred and melted through it is cooled, then formed into golf ball shapes - the arancini. Each one is then stuffed with a little surprise lump of soft Italian provolone cheese, which gets ready to melt after the double breadcrumb arancini is deep fried to crunchy, crispy perfection on the outside.

And the kicker? The risotto inside still manages to maintain a little bit of al dente texture, in a masterstroke of execution, timing and culinary skill. And what better way to top it off than with lots of freshly grated white truffle. This dish is scientific and flavour perfection.

This level of detail is enough of a signal to the serious foodies of how Bull and Bear approaches its brunch, so we're not going to spill the full menu secrets here - check out the website! But astonishingly, the arancini is just one of around 11 different

dishes served for your delectation over four courses, while the jazz singer oozes around the room with her easy, smoky velvety voice accompanying your culinary journey all the way.

THE SWEETEST OF TREATS

The dessert plate at the end is pure mastery in the culinary arts. An indulgent and sophisticated display of so many top-level patisserie arts, skills, disciplines and techniques is presented to you oh-so beautifully. It's right on the money and literally presented with a sweet and edible \$100 dollar bill. The very last bite is the end note of a symphony of dishes that you will replay over and over when you next hear the word 'brunch.'

TIMING AND PRICES

- Bull and Bear's brunch offers a 4-course brunch menu every Saturday from 1-4pm.
- Prices start from AED 355 for the soft drinks option, whilst the grape package is priced at AED 475 and the bubble-laden package offered at AED 650.

Although you may at times feel you are caught in the crossfire of a high-level culinary battle of top chefs vying to impress their own mentors and food heroes, Saturday brunch at Bull and Bear at the Waldorf Astoria in DIFC is what the pinnacle of culinary experience and brunch perfection looks like.

To check out the full menu and book, email bullandbear@waldorfastoria.com or visit bullandbeardifc.com.



CELEBRATE EID AL-ADHA AT LEGOLAND!

LEGOLAND Dubai Resort is inviting families for an awesome celebration featuring 'brick-tastic' festivities this Eid al-Adha!

For a fun-filled celebration and to create great family memories, come along and discover multiple indoor attractions, the LEGOLAND Water Park Weekends and share a memorable Eid dinner and themed brunch at Bricks Family Restaurant.

LEGO EVER-CHANGING PLAY BOX

Step inside the LEGO Ever-Changing Play Box at MINILAND. Don't miss this exciting new attraction at LEGOLAND Dubai Resort and stand a chance to win a 'playcation' at LEGOLAND Hotel! Hop on an epic LEGO journey inside the giant box, where every zone holds a world of wonder. Complete all activities to collect stamps for a surprise gift! Plus, snap a photo with the LEGO built tiger and post it on social media with the hashtag, #LEGOLANDPlayBox for an opportunity to win a LEGOLAND Hotel stay.

LEGOLAND WATER PARK WEEKENDS

Enjoy a wave of exciting family activities by the Wave Pool at LEGOLAND Water Park! Join the Splash Squad for a series of exciting activities every weekend. Winners of each activity will be rewarded with delicious ice lollies and a surprise gift. The thrills begin at 2pm every Saturday and Sunday and keep going until closing. Join the afterparty at LEGOLAND Hotel's epic pool or better yet, make it a sleepover weekend with the ultimate playcation at LEGOLAND Hotel.

EID DINNER BUFFET AND BRICKS BRUNCH – PIRATE FEST

How about a special Bricks Brunch - Pirate Fest this Eid? Enjoy a unique

dining experience with fun activities, tasty food and a best-dressed contest on 15th and 22nd June from 1pm to 4pm. Savour a delectable spread with a range of fun activities including a LEGO Building Bonanza, Character Dance Parties, Arts and Crafts and post-brunch LEGO Movies with complimentary popcorn! Prices start at AED 225 for adults and AED 99 for kids, with the House package available for AED 345.

Celebrate Eid with an awesome Eid Dinner Buffet from Monday 17th June to Wednesday 19th June, 6:30pm to 10pm at Bricks Family Restaurant. Embark on a journey through traditional flavours, surrounded by a world of LEGO bricks. Priced at AED 195 for adults, kids eat free until 10pm!

FIREWORKS DISPLAY

That's not all, Eid al-Adha celebrations are made complete with a stunning firework display at Riverland. Taking place right in front of LEGOLAND Dubai, this not-to-miss show is one of the most dazzling displays in town.

For more information, visit www.LEGOLAND.ae

CELEBRATE WITH NO-EGG CAKES FROM MISTER BAKER!



In the UAE, around 30% of families prefer eggless cakes. If you're one of them, then Mister Baker has your back with a delightful menu of Eggless Cakes across its 26 outlets in the region.

The Eggless Cakes menu is a thoughtful response to changing dietary trends, particularly in a country where 9% of the population are vegetarian. This eggless cake menu comes from one of the UAE's longest-established experts in family celebration cakes, at affordable family prices (prices start at only AED 99), and are made by some of the country's best culinary talents. The exciting flavours include the divine Chocolate Truffle Cake, decadent Ferrero Rocher Cake, and timeless Black Forest Cake. With offerings like Chocolate Truffle Lattice Cake and Eggless Oreo Cake, the menu is sure to give you an amazing celebration cake, every time!

To see the full Eggless Cake Menu, go to www.misterbaker.com

CELEBRATE EID AL-ADHA WITH DHABA LANE'S EID-E-KHAAS THALI



To celebrate Eid, embark on a culinary adventure at home-grown Indian Punjabi restaurant, Dhaba Lane, with their special Eid-e-Khaas Thali. With the upcoming Eid holidays from the 16th to 21st June, indulge in a 4-course Thali, featuring chaat, starters, mains and a decadent dessert, all for just AED 59.

From delicious starters and scrumptious chaat, to hearty mains like Tandoori Broccoli, Lehsuni Murgh Tikka, Mutton Kassa, Subz Korma

and more, this Thali promises to take you on a journey of exquisite flavours. Don't forget to save room for the sweet finale - Bakhlava Srikand!

Priced at AED 59, and catering to both vegetarians and non-vegetarians, this Thali ensures that you can celebrate wonderful family times for lunch or dinner this Eid al-Adha break.

Visit www.dhaba-lane.com for more details.



'BESIDE THE SEASIDE' BRUNCH AT REFORM SOCIAL & GRILL

This summer, Reform's tent is being transformed into a giant beach hut each and every Saturday to bring a taste of the British seaside to the shores of The Lakes. From Blackpool to Brighton, and everything in between, families will enjoy all the fun of classic British seaside food, kid's activities and live music. Expect a heavy dose of nostalgia with the stripy huts and holiday vibes, accompanied by Reform's curated three-course a la carte brunch menu and beverage offers! This sharing-style brunch menu with dessert buffet is priced at AED 225 for adults, including soft drinks. For children aged 6-12 the price is AED 99 and under 6's eat free.

WELLBEING



Helping kids stay cool in the heat; the benefits of meal prepping for families; screen-free summer activity ideas and much more!



HOW LIFESTYLE IMPACTS TYPE 2 DIABETES

We spoke to Dr Aarti Javeri about how lifestyle is a major contributor to type 2 diabetes in the UAE, and how this can be fixed.



LIFESTYLE

Dr. Aarti Javeri, Internal Medicine Specialist and Board Certified Lifestyle Medicine Physician, emphasises the control we have over our own health, particularly in preventing and managing type 2 diabetes. She explains, "By using therapeutic lifestyle interventions, such as focusing on nutrition, movement, sleep, stress management and connection to name a few, you can lower your risk for type 2 diabetes by at least 58%. For people over the age of 60, this reduction in risk is even more impressive, standing at 71%. These statistics are encouraging, as they highlight the substantial impact of our lifestyle choices. Gone are the days where the solution is just to 'lose weight' or 'exercise'. It's important to remember that our genetics do not have to determine our outcomes. Changing lifestyle can 'switch off' those genes; an important concept called epigenetics."

WHERE TO BEGIN

In order to reduce your risk of type 2 diabetes, Dr Aarti recommends the following:

Seek professional advice

Create a liaison between your doctor and a lifestyle medicine physician. Managing diabetes is so much more than just eating less carbs or moving often. It's really important you address the pillars of lifestyle medicine and find a way of management that suits your lifestyle, your genetics and your metabolism.

Shift your mindset

Instead of focusing on 'what you can't do' think about all the things you can do instead. You are able to enjoy nutritious foods, engage in fun physical activities and make lifestyle choices that enhance your wellbeing and help you feel good. So embrace these changes with positivity, and enjoy trying healthy recipes, regularly moving and don't shy away from getting help if you need it.

Use reliable sources

Although hopping on the social media wagon is tempting, it could lead to really misleading information. Ensure your sources are reliable, well-backed and verified by your doctor. What works well for one, may not work well for the other, and the key to managing your long term health is to stick to the right principles in a way that is sustainable for you!

The UAE consistently ranks among the top fifteen countries with the highest rates of diabetes worldwide and this figure is predicted to grow at an increasing pace. This concern is echoed globally, as the World Health Organisation reports that the prevalence of type 2 diabetes has risen dramatically over the past three decades, in countries of all income levels.

RESOURCES

Here in the Emirates, several factors contribute to our high rates of diabetes, including an ageing population, a reduced level of physical activity and increased processed food options. Many of these factors can be attributed to the rapid development and urbanisation of the country, but equally, this progress has also brought a plethora of resources to prevent and reduce diabetes. Grocery stores today are packed with nutritious choices, and lots of companies are implementing wellness programs, encouraging us to live a more active, lower stress lifestyle, which can significantly reduce the risk of diabetes.

SEVEN SCREEN-FREE SUMMER ACTIVITIES FOR CHILDREN

Spending less time on screens and more time engaging with life in the real world will not only help your child to de-stress, it will set them up for the best summer ever!

Generally speaking, we know for a fact that our children are spending too much time on screens. Whether it's for school, chatting online with friends or gaming, kids are spending a large proportion of their day absorbed by technology. With school breaking up for the summer and a few months of freedom ahead, this is the perfect opportunity to help our little ones to 'log off' and detach from the digital world.

Many of us have forgotten how much value there is to be found in non-digital activities. While their electronic counterparts keep kids entertained and occupied for hours at a time, it comes at a cost. Children are increasingly reliant on technology and less well-equipped to entertain themselves using analogue methods. Taking some time away from screens this summer will help your child to slow down a little and reconnect with themselves.



BECOME A BOOKWORM

Research shows that children are reading less frequently than ever before. This is due in no small part to the prevalence of other forms of entertainment, namely a wealth of movies and videogames available on demand. Reading is a profoundly important skill, and one that we should encourage our children to take part in. It can broaden your child's knowledge while also helping them to relax, improving their memory and communication skills. This summer, try as a family to incorporate reading into your daily schedule, and watch as your little one reaps the rewards.

SOCIAL BUTTERFLY

Summer is the perfect time to socialise more. Work with other parents to arrange playdates at home with your child's friends and find ways to broaden their friend group. One great option is the huge range of summer camps on offer. These present a wonderful opportunity for your pride and joy to meet kids their own age who share similar interests. Spending time trying out new hobbies or activities is great for bonding, and will help your little one to make new friends away from screens.

EMBRACE ART

With the schoolbooks closed, your child will undoubtedly have more time on their hands, making it a great chance to flex their creative muscles. Truthfully, every child has the capacity for creativity. It might be



drawing, painting, making a collage, playing music, writing songs or poems, or just about anything else you can think of. Creativity is also a practice, so the very first time may not feel fun. Help your little one to push through the initial discomfort and encourage them to do something creative every day. Soon it'll come more easily and they'll be spending hours on their artistic endeavour instead of sitting in front of a screen.

A FURRY FRIEND

Adopting a pet is not something to be done lightly. A huge amount of responsibility comes alongside it, as well as financial costs. However, if it is something that you are considering, then summer is arguably the



ideal time to take the plunge. Include your child in the process and pass some of the new duties on to them. If you adopt a dog, perhaps your little one can help take it for regular walks. For cats, they can be tasked with ensuring the litter tray is kept clean and that the cat gets plenty of playtime. Pets can be truly special companions for children, while also teaching them lessons about responsibility, a skill that will stand to them through their lives.

FAMILY TIME

School can be such a grind for everyone in the family, working through each week and trying to just rest and reset on the weekend. This summer, take advantage of the lack

of school to spend more intentional time together as a family. You probably won't be as worn out individually and, therefore, you can all be at your best while hanging out. Go on adventures together, play games, tell stories and make memories.

GET MOVING

One of the worst aspects of spending so much time on screens is that it's a sedentary activity. Movement and exercise is so important for all of us, but none more so than children. Exercising doesn't have to be a stressful undertaking. If your child is happy to lace up their runners and go for a jog, or try out some bodyweight exercises, then don't get in their way. For most children though,



they can experience enough movement through playing tag, going on family walks or taking part in a treasure hunt. The trick is to make sure that there is a time each and every day that your child is exercising, whether they realise it or not. It will clear their mind and ensure their body stays fit and healthy.

FREE PLAY

The freedom to play is arguably the best part about being a child. Get involved with your little one and encourage them to use their imagination to its full extent. You can explore nature, role play, have water fights or anything else that you can come up with. It's all about just letting go and allowing the true essence of play to dictate whatever you do. Playing in an uninhibited way will let your child bring their true selves to the fore and they'll be more than happy to leave the screens turned off.

A SUMMER TO REMEMBER

So much of a child's daily life revolves around screens. Using these tips, take this summer as an opportunity to help them unplug and engage with all of the beautiful things that life has to offer. You never know, you might find that you benefit from a little more tech-free time too!

KEEPING KIDS COOL IN THE HEAT

Read up on our tips to make sure little ones stay safe in the sunshine!



As temperatures rise this month, it's so important to keep our little ones cool and comfortable. Hot weather can be especially challenging for babies and young children, who are more susceptible to heat-related illnesses like dehydration, heat exhaustion and heatstroke. Since they aren't as efficient at regulating their temperature as adults, parents need to take extra steps to ensure their safety. Here, we take a look at some practical tips to help keep kids safe as the weather heats up!

DRESS APPROPRIATELY

Dressing your baby or young child in the right clothing is one of the simplest ways to keep them cool. Opt for lightweight, loose-fitting clothes made of breathable fabrics like cotton. Light-coloured clothing is also beneficial as it reflects, rather than absorbs, the sun's rays.

For babies, a single layer of loose clothing is usually all that's needed. Adding a wide-brimmed hat can offer extra protection from direct sunlight when you're outdoors.

HYDRATION

Keeping young children properly hydrated is essential in hot weather. Babies and young kids can quickly become dehydrated, so be sure to offer your little ones fluids frequently, through water and water-rich foods like fruit.

For babies under six months, breast milk or formula is typically enough, but consider more frequent feeds just in case. For older babies and toddlers, aim to offer water regularly and be vigilant for signs of

dehydration, such as a dry mouth, fewer wet diapers, and unusual lethargy, especially on particularly hot days.

A COOL ENVIRONMENT

Keeping your home cool can significantly help kids cope with the heat outside. Use fans or air conditioning to keep the room temperature comfortable and if air conditioning isn't available, consider spending time in air-conditioned public places like malls or play centres. In your children's bedrooms, choose light bedding and consider using an additional fan to circulate air for them. Closing blinds or curtains during the hottest parts of the day can also prevent their rooms from heating up.

LIMIT OUTDOOR ACTIVITIES

During the peak hours of heat, it's best to limit outdoor activities. If you must go outside with your children, try to stay in shaded areas and keep activities calm to avoid overheating. Early mornings or early evenings are better times for outdoor play as temperatures tend to be lower.

BATHS AND WET CLOTHS

A quick and effective way to cool down a hot child is by giving them a lukewarm bath or using wet cloths. Avoid very cold water as it can cause shivering, which actually generates more heat. Instead, use lukewarm water for baths or wipe down your child with a damp cloth to help reduce their body temperature gradually.

MONITOR FOR HEAT-RELATED ILLNESSES

Parents should be aware of the signs of heat-related illnesses, which can escalate quickly in young children. Symptoms of heat exhaustion include excessive sweating, weakness, dizziness, nausea and headache.

Heatstroke is more severe and can present with symptoms like a high body temperature (above 103°F), rapid pulse, confusion and loss of consciousness. If you suspect your child is suffering from heat exhaustion or heatstroke, seek medical attention immediately.

PROVIDE COOLING SNACKS

Offering cooling snacks can also help keep children hydrated and temperate. Fruits like chilled watermelon, cucumber sticks and orange segments have a high water content



and are super refreshing. Homemade ice pops made from pureed fruit or juice are also a fun and hydrating treat that go down well with little ones!

SAFE SLEEP PRACTICES

A significant aspect of keeping babies and young children cool is ensuring their sleep environment is safe and comfortable. Overheating during sleep is a very common concern, particularly for infants. Always use lightweight, breathable fabrics for bedding and sleepwear and avoid using heavy blankets or overdressing your child for slumber. A sleep sack made of lightweight material can be a good alternative to traditional blankets, providing warmth and comfort for your little one, without the risk of overheating.

It's also important to regularly check your child's temperature by feeling their neck or back. If they seem too warm, adjust their bedding or sleepwear accordingly. Ensuring their sleep area is well-ventilated can also help - keeping a fan in the room to circulate air can make a substantial difference too.

CREATE A RELAXING ROUTINE

It might not seem obvious but incorporating relaxing activities into your child's daily routine may help them stay calm and cool during really hot weather. Reading stories, playing quiet games or doing simple puzzles can keep

your child entertained without generating an excessive amount of body heat. Establishing a calming bedtime routine with a lukewarm bath, followed by some quiet time, can also help them wind down and sleep better in the heat.

STAY INFORMED

Stay informed about the weather forecast and heat advice in your area. On particularly hot days, take extra precautions to keep your child cool and hydrated. Public service announcements and weather apps can give you useful information on the best times to stay indoors and when it's safe to venture outside.

Making sure your baby or young child stays cool, comfortable and safe during the hot summer months involves a combination of proactive measures and being mindful. There's no need to worry - by adopting these practices and staying vigilant, you'll be well-prepared to beat the heat!



MEAL PREPPING FOR YOUR FAMILY

Meal prepping isn't just reserved for calorie-counting gym-goers, it's a fantastic tool that makes cooking healthy meals for your family a whole lot easier.

We've all heard the phrase 'you are what you eat', and while it may ring true, sometimes there just isn't time in a mum's busy schedule to ensure that every meal is a healthy one. This is where the magic of meal prepping comes into play - a method of preparing and cooking meals in bulk and in advance.

We all want to be around for as long as possible in order to see our children mature into fully-formed adults, and perhaps even have kids of their own. A healthy diet is fundamental to achieving this kind of longevity. It will ensure that not only will you live to see your grandchildren grow up, you will be sprightly enough to run around and play with them!

SAVING TIME AND MONEY

Time and money are the two most valuable commodities in the world, and while trying to raise a family it can seem like we don't have enough of either! More often than not, things that save us time, cost us money, and things that save us money, cost us time. Meal prepping is one of the rare instances of something that can save up both time and money, while ensuring we stay healthy and consistent with our nutrition.

Consistently planning out meals, shopping in advance and cooking in bulk may seem overwhelming but it will actually make life so much easier. Cooking time is consolidated into a couple of bulk cooks per week, as is the grocery shopping. You are far less likely to reach for unhealthy convenience foods if there are healthy, pre-prepared meals that just need to be warmed up. Eating out will be reserved for intentional times, as opposed to a necessity because there wasn't anything in the fridge. So with the motivation to eat well and to ensure that our children do so alongside us, let's take a look at where to start with meal prepping.



TIPS FOR MEAL PREPPING FOR YOUR FAMILY

Here are five tips to help make your meal prepping a success.

Plan ahead

In meal prepping, planning is essential and the first step is to draw up a meal plan for the week. Decide whether you're going to have different meals every evening or if you're going to eat the same dinner two nights in a row. From the list of meals that you create, write down all of the ingredients and from this, create your shopping list. Each family has different requirements, so examine what your own family's needs are. Does anyone have any specific dietary requirements? Are you going to be meal prepping lunches as well as dinners? Questions such as these will help to put together a bespoke meal prepping plan for your family.

Divide and conquer

Some mums feel swamped by the very thought of meal prepping. Hours spent in the kitchen, buying all the groceries at once and finding a way



to store the food can be enough to put people off. It doesn't have to be that way - meal prepping is best done one step at a time. Pick one day to get your groceries and do the majority of your cooking on a different day. Be prepared that you might need a smaller midweek visit to the supermarket to ensure you have fresh veggies, or to pick up something you may have forgotten on the main trip. Split the jobs up and everything becomes much more manageable.

Get creative

Another complaint that some people have about meal prepping is that they don't want to eat the same food over and over again. It doesn't have to be that way! Get creative with your meal plan and don't be afraid to mix it up. You can streamline the process by overlapping some meals that share

ingredients, but also feel free to cook a series of completely different meals. When it comes to these choices, do what works for you and your family. It's easier if everyone's tastes align, as trying to cater to each individual can create even more work. So find a middle ground that works for each member of your family and make sure to have a variety of meals to keep things interesting.

Fill up your freezer

One genuine obstacle to successful meal prepping is storage. If you don't have somewhere to keep all of the food fresh, the plan will fall apart. A collection of airtight containers and ample freezer space are the most popular solution. The containers will work better at keeping your delicious food fresh than just putting tinfoil over the dish. If you have limited freezer space, consider



investing in a countertop or a chest freezer if you have room at home. You'll be able to store as much pre-prepared food as you need, saving you valuable time that you can spend with your loved ones.

LEAVE SPACE FOR LIVING

On social media, people who meal prep often present a perfect (and unrealistic!) image of what it's actually like. Remember that not every meal has to look like something from a cookbook, and mistakes will be made along the way. Sticking at it is the goal so try not to compare your efforts to those that you see online.

One final note is that meal prepping is a tool that you can use to ensure your family is eating healthily without taking up your whole week. Time is precious and should be spent enjoying life whenever possible. So make sure that you do still go out for dinner or have an impromptu pizza night at home! Meal prepping is not a restrictive idea, it instead allows us to spend intentional time with our loved ones, focusing on what matters most.

TEACHING YOUR CHILD MEDITATION

The ancient practice of meditation is arguably more useful than ever. Surrounded by the pressures of growing up, it can help your child to sleep soundly, manage stress and find their inner zen.



These days, there are more demands placed on our little ones than ever. Society expects children to achieve so much, while weaving through the complicated world of social media and all of the pressures that come along with it. Most parents are aware of how important it is to look after their children's physical health, but minding their mental health is just as necessary. While there are many ways to take care of your little one's mind, meditation is one of the best.

A POWERFUL TECHNIQUE

Meditation is a soothing practice that helps to calm the mind, allowing you to feel re-centred and connected with yourself. All that is required is a quiet space and an open mind. For kids, it can be a challenge to sit still and to stay quiet in order for meditation to work. Adults are much more accustomed to spending time in silence, reflecting and focusing. Thankfully, there are techniques that are specifically

designed to help little ones get into their own zen state. First though, let's take a look at the benefits of meditation.

BENEFITS OF MEDITATION

Meditation is like a secret superpower. It can equip children with a true sense of inner calm, enabling them to control their emotions in the increasingly challenging social landscape. So many kids get swept up in peer pressure and societal expectations. Developing meditation skills will stand to your child throughout their childhood and adulthood, enabling them to be unwavering in their self-awareness and in the driving seat of their own lives.

Sleep

As well as emotional regulation, meditation can have quite a profound effect on sleep. Research suggests that a regular meditation practice can improve the quality of your child's sleep, while decreasing the amount of time it takes them to fall asleep, and also help them to stay asleep throughout the night.

Focus

Decreasing attention spans is a hot topic in recent times. Children, in particular, are struggling more than ever to develop the ability to focus acutely on the task at hand. During meditation, the amygdala (the part of the brain that responds to stress) is quieter, resulting in a sense of calm under pressure as opposed to jumping into a fight or flight response. This enables children to hold their attention when surrounded by distractions. It's also believed that a regular meditation practice can enable little ones to increase their memory and mental clarity.

GETTING STARTED

We want our children to love the idea of meditation, not to see it as another chore that they have to complete. As a result, we must introduce it gently and in a fun manner. Consider starting with a short meditation as part of your child's morning or bedtime routine. This is a lovely chance to spend some time together while talking them through a gentle breathing routine. Feel free to get involved with the meditation or, alternatively, you can hold space for them to meditate in peace by ensuring that they don't get disturbed by anything. A regular meditation practice can help your child ground themselves before a busy day, as well as getting a great night's sleep.



TEACHING CHILDREN TO MEDITATE

In order to ensure that your child adopts meditation as a practice and doesn't reject it, it's often a good idea to present it as a completely normal pursuit that will be added into their daily routine. Most young children won't question this and they will follow the example that you set.

Toddlers

Toddlers love to move around, so don't force them to sit still to meditate. Encourage them to be gentle in their movements, while they train their focus on their breathing. Teach them to connect with their own bodies and how it feels to slowly inhale and exhale. You can lead them through some simple mindfulness techniques while sitting comfortably, such as concentrating on how their feet feel on the floor, or their back against a chair.

Children

Meditation is a more straightforward proposition for primary school-age children. Simply practising meditation for a few minutes at the beginning and end of each day will help your child to reap the benefits, as well as establishing it as a daily habit. There are an abundance of meditation apps that have settings suited to children, which can make the process more enjoyable and familiar for little ones.

Teenagers

Being a teenager can be very challenging. From all of the physical changes that each teen goes through to constantly changing social circles, it can be very overwhelming. That's before they even consider contending with the schoolwork and extracurriculars. Meditation acts as a salve to all of these worries. It can help your teen to hold their head through tough times. Some teens will feel awkward or uncomfortable meditating with you, so seek out some guided meditations that they can follow in the privacy of their own room. Mindful practices, such as yoga, can also help your teen to de-stress and find their inner calm.

If your little one is stressed, overwhelmed or agitated, meditation is a wonderful way to help them get back to their best selves. Not just for the tough times, it acts as a holistic method to keep a child's worries at bay, leaving them to enjoy the best parts of what childhood has to offer!



PARENTING



Our 'Early Child Development' event report; handling children's lies; a magic parenting phrase and more!





THE POWER OF SAYING ‘LET ME KNOW WHEN YOU ARE READY’

Let's take a look at how this simple but wonderful phrase can have a huge impact on your child.

Parenting is a delicate balancing act between guiding your child and allowing them to develop their own sense of independence. Surrounded by the myriad of strategies and theories available, it can feel overwhelming to know what parenting tips or tricks to choose. If in doubt, it's best to keep things simple. Sometimes that can mean taking advantage of the words you use and one particularly powerful phrase is, "Let me know when you are ready." This simple statement can have profound effects on a child's development, helping them grow a healthy sense of independence, whilst reducing conflict at home - and fostering a family dynamic built on trust. Let's explore why and how this phrase can be such a game-changer in your parenting toolkit.

TAPPING INTO RESPONSIBILITY

Children, much like adults, have an innate desire to feel in control of their lives. By saying, "Let me know when you are ready," you are empowering kids to take responsibility for their actions and decisions. This approach encourages them to tune into their own needs and readiness, rather than being pushed according to someone else's timetable.

Consider a scenario where your little one is reluctant to start their homework. Instead of nagging or imposing a strict schedule, saying, "Let me know when you are ready to start your homework, sometime in the next hour" gives them the space to manage their time and feelings. This autonomy can be particularly beneficial as they grow older, training them to develop stronger self-regulation and time management skills.

NO MORE POWER PLAYS

Anyone who has been around children knows that power struggles are a common part of family life. These struggles often arise when a child feels their autonomy is being



undermined. By offering them the choice to come to you when they are ready (even within a period of time that you determine), you're acknowledging and respecting their need for control, reducing the likelihood of a confrontation in the process. Nobody likes to feel unheard or unseen, or pitted against one another, and this is an easy way for you to show your child that it's always you and them versus the problem, not necessarily each other.

For instance, during a typical morning rush, getting dressed can turn into a battleground. Instead of demanding, "Get dressed now," try, "Let me know when you are ready to get dressed. We have to be ready, with breakfast finished by eight." This shifts the dynamic, making it a collaborative process rather than a directive. Your child is more likely to respond positively, even if it's to do what you actually want them to, if they feel they have a say in the matter.

CREATING TRUST

Trust is a cornerstone of any strong relationship, and this is especially true between parents and children. Using the phrase "Let me know when you are ready" communicates to your little one that you trust their judgement and are willing to wait a little bit for their readiness. This is the path towards a sense of mutual respect and open communication, which only becomes increasingly important as your child gets older.

Imagine your teenager is hesitant to discuss a bad decision they've made with you. Instead of pressing them with questions, you might say, "Let me know when you are ready to chat." This approach signals that you are available and willing to listen whenever they feel comfortable, creating a safe space for honest dialogue.

BECOMING AWARE

Emotional intelligence is a truly essential skill that all of us need to navigate the rollercoaster of life smoothly. By allowing your child to decide when they're ready for various tasks or conversations, you are helping them become more attuned to their own emotions and needs. This self-awareness is a hard skill to come by passively and is really important for their overall emotional development.

For example, if your child is upset and not ready to talk about what's bothering them, respect their space with, "Let me know when you are ready to talk about it." This teaches them to recognise and pay attention to their own emotional states, and that it's okay to take time to process their feelings before addressing them. This small interaction is actually training them to pay heed to their needs out in the real world as an adult, particularly understanding



that they are not obligated to share their internal world to please others when it makes them uncomfortable or they don't feel ready.

THE BEST APPROACH

While the benefits of saying “Let me know when you are ready” are clear, implementing this handy little sentence effectively requires a bit of thought and consistency. Here are a few practical tips to help you incorporate this phrase into your day-to-day parenting.

Start early

If you're the parent of a young child, try to begin slipping in this phrase with your little one in age-appropriate situations. For instance, when it's that time of day where you begin transitioning from playtime to the bedtime routine, you might say, “Let me know when you are ready to put your toys away. We have a few minutes before bathtime.” Making these words a common and normal thing to say early on helps to build a strong foundation of mutual respect and positivity. Many parents find that their children are actually more willing to cooperate and compromise simply because they feel seen and heard, even if they haven't actually chosen anything different than you would have if you were giving orders.

Be patient

Understand that your child may not be ready as quickly as you would like. Obviously, this isn't always practical to do but where you can, keep this in mind and perhaps even allocate an extra few minutes to tasks to allow your child a little time to play with. Patience is key. Trust that by allowing them to set their own pace, you are helping them develop as a more rounded person, with practised self-management skills that will stand to them in all stages of their life.

Set boundaries

While offering choices is important, it's also essential to set clear boundaries. If there are time constraints or non-

negotiable tasks, communicate these upfront and make sure to be very clear, calm and unstressed. For example, sentences like “We need to leave for school in fifteen minutes, let me know when you are ready to put on your shoes” are plain to interpret.

When we adults speak with stress, many times children will respond instinctively to the fact that this makes them feel bad and they don't like it. Their reactions will, understandably, not be calm or helpful. Kids are not developed enough to differentiate that your stress is not a criticism of them, or even aimed at them, but rather a result of a stressful situation. So, they respond with protests, refusals and negativity as they feel this is how you are treating them. Parenting is often a task of utmost patience!

Follow through

If your child indicates they are ready, be prepared to support them or respond immediately. The well-known phrase “My word is my bond” holds a lot of power in relation to kids, as this is how they learn whether to trust you, whether to uphold their part and generally what

the rules of your interactions should be. That's why it's vital to say what you mean, and mean what you say. It reinforces the trust and respect that underpin this approach and avoids any confusion for little ones.

Be an example

Show your child that you also take time to be ready for tasks and decisions. Share your thought process with them, with sentences such as “I'm going to take a few minutes to get ready for our walk.”

“Let me know when you are ready” is a simple yet powerful statement that lets little ones know that you see them as an individual with their own needs. It encourages children to become more self-aware and responsible, preparing them for the many challenges of growing up. Remember, effective parenting is not about controlling every aspect of your child's life, but rather, it's about guiding them to become confident, capable individuals. So next time you face a potential power struggle or need to encourage a reluctant child, try saying, “Let me know when you are ready” and watch the positive impact unfold.



WHY CHILDREN LIE AND HOW TO MANAGE IT

Many parents are challenged by their little ones' deceptions. Luckily, there's plenty of ways to respond that encourage kids to be more truthful in future!

Whether it's a simple fib or a more elaborate untruth, the reality is that kids are likely to tell you a lie somewhere along the way. This might raise some concerns, but understanding why little ones lie and how to respond can help you guide them towards honesty and trustworthiness.

WHY DO CHILDREN LIE?

Many parents assume kids lie to get something they desire, avoid a consequence or sidestep something they don't want to do. While these are all usual reasons, there are also some less obvious motivations behind why children might not be straight with you - or at least not fully. These are often linked to their developmental stages and the environments they're spending time in. Recognising the 'why' behind the behaviour is the first step in addressing it effectively. Let's take a closer look!

Developmental stages

Young children, especially those under six, may not yet grasp the difference

between fantasy and reality. They might tell tall tales as part of their imaginative play, rather than to deceive you. As children grow, they start to understand the concept of lying but may still struggle with self-control and the impulse to tell untruths.

Fear of punishment

One of the most common reasons children lie is to avoid punishment. If little ones fear the repercussions of their actions, they might choose to lie to escape immediate consequences, as developmentally, they often think in the present, instead of considering the effects of their actions down the line. This is particularly true in environments or homes where mistakes are met with harsh punishments rather than constructive guidance.

Desire for approval

Children want to be liked and accepted. They might lie to impress their peers or to avoid disappointing their parents and teachers. This need for approval can lead them to stretch the truth or fabricate stories to either fit in or stand out, depending on what they feel pressure to do to be accepted.

Testing boundaries

Sometimes, lying is a way for children to test boundaries, find limits and assert their independence. By bending the truth, they get to explore what they can get away with and how much control they have over their world. This is a relatively normal thing that kids do, but you still have to deal with it to teach little ones that lying isn't an okay way to do this.





Modelling behaviour

Children learn a great deal from observing the adults around them. If they see parents or other influential figures lying, even in minor ways, they may come to view dishonesty as acceptable behaviour. That's why it's fundamental for parents to model the behaviour they want to see in their children.

HOW TO RESPOND WHEN YOUR CHILD LIES

Addressing lying effectively requires a balanced approach that combines understanding, discipline and positive reinforcement. Here are some strategies to help you navigate these tricky waters.

A safe home

Ensure your child feels safe and secure enough to tell you the truth. When you discover a

lie, it's natural to feel disappointed or angry. However, reacting with intense emotions can escalate the situation and leave a very negative impression on your child. Harsh punishments that might instil fear rather than respect are best avoided. Instead, try to stay calm and composed, addressing the lie in a manner that is firm but understanding. This encourages proper lines of communication and assures your child that honesty is valued, even when the truth is difficult.

Emphasise honesty

It's always worth having conversations about why honesty is important, tailored to your child's age of course. It's good to explain how trust is built and maintained, and how lies can damage relationships. Use stories and examples, if you can, to illustrate the impact of lying and the value of being upfront. Help your child take responsibility for their actions. This doesn't mean shaming them for lying, but rather guiding them to understand the effects of their dishonesty and encouraging them to make amends where possible.

Be truthful

Children are like sponges, picking up and mimicking the smallest of behaviours from the adults around them. With that in mind, try to avoid telling 'white lies' in front of your child, and if you do, explain why it was a mistake. Demonstrating honesty in your actions is the most effective way to reinforce the importance of truthfulness as children respond best to what they see as an example, not what they are instructed to do.

Praise truth-telling

When your child tells the truth, especially in difficult situations, praise their honesty. Positive reinforcement can be a powerful motivator for us all, and this is especially the case with kids. Acknowledging their courage in owning up to mistakes helps build their confidence and reinforces that something good happens when you tell the truth, encouraging the behaviour you want to see.

Problem-solving skills

Sometimes, children lie because they don't know how to handle a situation. If you can teach your little one problem-solving skills and provide them with tools to cope with

challenges, this can hugely reduce their need to lie as a way of managing difficult scenarios.

Clear expectations and consequences

Make sure your child understands the family's values around honesty and the consequences of lying. These consequences should be reasonable and related to the lie, rather than punitive. For example, if they lied about finishing their homework, the consequence might be extra time dedicated to completing it under supervision. Consistency in your responses to lying is crucial. If your reactions are unpredictable, it may confuse your child and undermine your efforts to promote honesty. Set clear rules and follow through with the agreed-upon consequences every time.

If lying becomes a chronic issue or is accompanied by other troubling behaviours, it might be beneficial to seek help from a child psychologist. However, in general, lying is a behaviour that can be managed with the right parental approach. Remember, children are simply learning and growing, and a measured, empathetic and well-informed response can guide them towards a more honest path.





EVENT REPORT: EARLY CHILD DEVELOPMENT

On Friday 31st May we held the latest in our popular breakfast events, this time with the theme 'Early Child Development.'

The Setting

The theme for our most recent event was 'early child development', a really interesting topic full of insights from our wonderful speakers. The venue for this special event was Reform Social & Grill, The Lakes, Dubai. Let's take a closer look!

Venue

The venue was Reform Social & Grill, a favourite restaurant known for its family vibes, light, airy spaces and thoughtful facilities for families.

Supervised play and babysitting

Among the packed room of attendees, many mothers brought along their babies and toddlers, with the option of having them cared for and supervised by the professionals from the British Home Nursing team of nannies.



EVENT AGENDA

The event got underway with a welcome address from Kay Marham, who explained the running order of the event, which was as follows:

Preparing your child to start school

Karla Mediah, Principal of Dubai British Foundation School, would first answer questions that shone a light on the experience of a young child attending foundation school for the first time. She explained that young children will typically arrive feeling understandably nervous to be away from mum and in school for the first time. Not only this, but parents can also often be anxious at leaving their child at school, away from their direct loving care. Karla stressed how important it is for the school to work and communicate closely with parents to make the transition as smooth as possible.

Karla talked at length about how both the DBF school and parents work together to provide children with the coping skills to navigate

the start of their school journey. Finishing on the topic of 'attachment theory' (the way children become attached to the trusted people closest to them, such as their parents), Karla explained how DBF nurtures a trusting, caring environment for children that works hand-in-hand with parents to provide the best for every individual child's needs.



Early child development - a paediatric doctor's perspective

Doctor Shahid Ali, Paediatric Specialist at Mediclinic, gave a compelling interview on child development. Many of the mothers attending commented afterwards how much they liked him and appreciated his reassuring opening advice: "don't worry too much about child development milestones." In a world where parents are being bombarded with advice from well-meaning friends, relatives, social influencers, TikTok and just about anybody online about the 'do's and don'ts' of childhood milestones, it was a relief for mums to hear from a genuine paediatric expert that it's okay to let your child simply develop at their own pace.

The Mediclinic Paediatric Specialist also talked about the importance of nutrition for a child's healthy development, but with an emphasis on not exposing a parent's anxieties and worries around food and mealtimes to the child. Any issues to do with feeding times and eating should be kept very calm and gentle. He reminded us that it is completely natural for every individual child to explore the world of food in their own way, and at their own pace. Again, reassuring advice!

Dr Ali, in his soothing and calming tones, spoke about the role of play in child development, and how this provides opportunities for parents to appreciate play at their child's level.

Exploration through play

The topic of play led to a fascinating interview with Salil Malik, the Managing Director of Boo Boo Laand, an exciting new 'child's play'



concept that will be unveiled in the summer. Salil struck a chord with every person in the audience in describing the play, fun, discovery, excitement and adventure experiences little ones will have at Boo Boo Laand, that 'allow children to be children', while also providing absolutely crucial child developmental benefits.

The topic of play was further expanded upon by Ronalyn, one of a team of highly trained and experienced Personal Shopping Experts from Babyshop, who had brought along a selection of children's toys. Ronalyn gave us a fascinating insight into the cognitive development benefits behind the selection of toys.



The event was brought to a close with our popular prize draw giveaway, supported by some amazing brands! The prizes included:

- ✓ 2 vouchers for a family of four to spend a day at LEGOLAND, worth over AED 1,100 each
- ✓ A voucher from Babyshop, worth AED 500
- ✓ A celebration cake from Mister Baker

As always, we'd like to thank all the mothers that attended and look forward to seeing you all soon at our June event!

SPEAKERS

Karla Mediah, Principal of Dubai British Foundation School

Karla Mediah is an early childhood educator, leader and passionate advocate of play. In her current role as Principal of Early Years school, Dubai British Foundation, she has led her team to put current international early childhood research at the heart of their practice, pedagogy and ethos.



As a modern educational leader, she inspires her team to not only join, but also help to create the journey for young children. Channelling the school practice here in the UAE, through the lens of current international research, ensures she provides the highest quality of education for DUF's young learners. This ethos has also supported the school in receiving an unprecedented 'Outstanding' judgement in the school's first DSIB inspection.

As the first facilitator of the NPQEY in the UAE, Karla uses her platform to develop and grow other early years practitioners in the region, whilst always using the opportunity to learn from them. Karla's expertise in the field of early childhood continues to be an inspiration to those who have worked alongside her.



Dr Shahid Ali, Paediatric Specialist, MediClinic

Before moving to Dubai, Dr Shahid Ali worked at Northampton General Hospital, UK, for over nine years as a consultant paediatrician. He was also an Honorary Senior Lecturer at University of Leicester, responsible for the paediatric education of medical students. In addition to general paediatric duties, he was the Clinical Lead for paediatric oncology and haematology (children's cancers and blood disorders). Dr Ali is a Fellow of the Royal College of Paediatrics and Child Health, London, UK and holds full registration with the General Medical Council, UK.



Dr Ali has vast experience in all aspects of general paediatrics including neonatal care, asthma, allergy, infections, headaches, stomach issues, slow growth, vomiting/diarrhoea/constipation, urine infections, fits/faints, lumps/enlarged lymph nodes and vaccinations.

He has special expertise in the management of various types of anaemias such as nutritional anaemia, sickle cell disease and thalassemia. He offers a holistic approach to medicine, ensuring that all the needs of his young patients are met.

Dr Ali's full time outpatient base is at Mediclinic Dubai Mall and inpatient base is at Mediclinic City Hospital. He also participates in the weekly on call rota at Mediclinic City Hospital and provides both outpatient and inpatient care to his patients ensuring smooth continuity of care.

Salil Malik, Managing Director, Boo Boo Laand

Salil Malik is a well-respected and successful entrepreneur, who has fast become one of the country's bright lights of innovation. He is the creator of Boo Boo Laand, a ground-breaking new venue and concept that is set to take its new Dubai Mall home by storm, upon its opening this summer!



As well as providing children with the opportunity to simply be children and do what they do best, the activities at Boo Boo Laand all provide exceptional opportunities to foster crucial aspects of child development, such as social skills, the spirit of competitiveness and achievement, independence, cognitive skills and many more.

Ronalyn, Personal Shopping Expert, Babyshop

As a Personal Shopping Expert (PSE), Ronalyn has been a hero to thousands of parents in the UAE because of her astonishing expertise and depth of knowledge of baby products. Based in the Babyshop store in Mall of the Emirates, but also serving as a product expert at many of our Mother Baby & Child events, Ronalyn's speciality is to meet with parents, talk with them to find out about their specific needs, their living space at home, their budget requirements, and then recommend the products that would best suit their needs. Ronalyn is known for her encyclopaedic knowledge of thousands of products, learned over many years working with Babyshop to support parents.

Ronalyn further expanded upon the topic of developmental play, by bringing along a personally-selected range of children's toys from Babyshop's vast selection. Ronalyn gave us a fascinating insight into the cognitive development benefits behind each of the toys.

EVENT PARTNERS & SPONSORS

Babyshop - personal insights into your 'Parenting Partner'

Every mother in the UAE knows Babyshop as the one-stop-shop for all parenting needs. All our mothers have seen the Babyshop logo appearing on many of our event articles. But who actually is Babyshop?



Here are some insights that lift the lid on them!

Mother Baby & Child's relationship with Babyshop started with advertising in the magazine to help new mothers to find out which products were popular with other parents, in the areas of maternity wear, baby sleep, baby clothing, car seats, baby accessories, feeding necessities, strollers, and so much more.

We quickly understood that Babyshop has not only a comprehensive understanding of the practical, technical and safety aspects of every kind of product a baby needs, but this also applied to the needs and



interests of pregnant mothers and children from newborn upwards. We came to rely on good advice from Babyshop behind the scenes and got to know the genuine passion, concern, respect and love each of the Babyshop team has for mothers. They would sometimes call the Editor in the evening to talk about how we could work together to better address the practical needs of mothers, to support them in the nurture of their children.

When companies sponsor our events, they have the status of 'Sponsor.' Babyshop is unique and has always seen this as an opportunity to support mothers directly, rather than viewing it as supporting the magazine. This is why they are known as the 'Parenting Partner' - rather than a sponsor. This is also the reason that Babyshop has almost 2.7 million social followers - all parents who, like us, trust that Babyshop always strives to serve their best interests.

Dubai British Foundation School

Dubai British School Jumeirah Park Foundation is a wonderful, family-centred, Early Years school that focuses on providing outstanding provision for children from two-and-a-half to five years of age. As a



small, purpose-built facility that caters for Early Years, they are able to focus all their decisions, training and the everyday running of the school around children of this age. This means all the staff attend weekly training based around the latest practices in education for children of this age and beyond.

Dubai British School Jumeirah Park Foundation provides the perfect middle ground between a nursery and school environment. DBF has highly experienced teachers that are degree-level qualified, combined with the small, play-based environment of a nursery. This fantastic combination sets children up for the perfect step into Year One, where the significant majority of their children transition to Dubai British School Jumeirah Park.

The main focus of DBF is to ensure all their children have high levels of wellbeing and involvement within the classroom, and track each child as an individual according to their chronological age. This system allows parents and the school to support each child in their learning journey through a play-based, child-led environment.

WaterWipes

WaterWipes provided the mothers at the event with free packs of WaterWipes, to care for their baby's skin in a pure, natural way. Gentle and safe for the most delicate skin, and in the convenient form of a baby wipe, WaterWipes are made with 99.9% water and a drop of

fruit extract. They are the next best thing to cotton wool and water! WaterWipes are the only baby wipes approved by Allergy UK and the French Association for the Prevention of Allergies as well as getting the National Eczema Association of America's seal of acceptance. WaterWipes are recommended by midwives for nappy rash or skin allergies.

Al Ain Farms

For a company that was established 40 years ago, Al Ain Farms have always been forward-thinking. Today they are the largest dairy company in the country, running four farms under their brand - each concerned with providing healthy food products to nourish families in the UAE. These include Dairy Business, Fresh Juice, the Camel Milk production, and their Poultry Business, which produces fresh chicken and eggs. Al Ain Farms has been feeding families for two generations with some of the core food staples we take for granted.



The farms maintain best-in-class animal care and welfare standards, and all milk is naturally produced from happy cows, without any antibiotics or added hormones. Al Ain Farms work to ethical and sustainable practices, and therefore help to look after our children's environment and future.







OBJECT PERMANENCE: A DEVELOPMENTAL MILESTONE

Certain key markers in childhood development help identify how your little one is progressing. Object permanence acts as a signal that your child's psychological capacity is about to blossom!

As your little one grows, they will develop a plethora of new physical, mental and emotional skills that will enable them to understand and navigate the world. One of the many cognitive skills that your child will learn is object permanence. Object permanence is the ability to understand that something still exists even if it's removed from your sight.

For example, if your child understands object permanence, they will know that if they can't see their favourite toy, that doesn't mean it has ceased to exist. Similarly, they'll understand that if you walk into the next room and are out of sight, you haven't disappeared completely.

DISCOVERING OBJECT PERMANENCE

Jean Piaget, a psychologist famed for his work on child psychology, created a theory of cognitive development in children. In his work, he discovered the concept of object permanence and earmarked it as a crucial milestone in the intellectual development of children.

He conducted a simple experiment where he would show a young child a toy and then he would hide the toy under a blanket. Some of the children became upset that the toy was gone, whereas others began to search under the blanket for it. The latter group had developed the understanding that while the toy was missing, it hadn't necessarily disappeared, and that they could find it if they looked in the right place. Piaget believed that the group who searched for the toy had gained the understanding of object permanence. While this may seem like a relatively small piece of cognitive development, it is actually quite fundamental.

A DEVELOPMENTAL CHECKPOINT

Research suggests that object permanence is a key marker in a young child's psychological development. When a child displays an understanding of object permanence, it's a signal that they are beginning to be able to grasp slightly more abstract concepts and relationships, known in psychology as schemas.

Simply put, a schema is like a mental framework that we use to associate one thing to another. For example, a dog is a small animal with four legs and lots of hair. These details, when combined, will produce the concept of 'dog' in your child's mind. If they see a cat for the first time, which is also a small animal with four legs and lots of hair, they may initially



confuse it for a dog. Upon closer inspection, and with your guidance, they will see that there are differences between dogs and cats, and develop a more nuanced interpretation.

The comprehension of object permanence acts as a gateway or a starting point to a huge uptick in the cognitive function of children. While object permanence itself may not be consciously considered throughout your infant's childhood, it acts as an indicator that they are developmentally on track.

SPOTTING SIGNS OF OBJECT PERMANENCE

Piaget believed that object permanence appears in children at around eight months of age. More recent studies show that it can occur earlier than this, and that it's not exactly a moment of sudden realisation as some early research suggested - it's more a concept that slowly develops over time. From as young as 12 weeks, some babies can show signs of an understanding of object permanence.

In terms of knowing whether or not your toddler has developed object permanence, there are few signs to look out for. Among these are crawling after a parent if they have left the room or searching for a toy that has fallen out of sight.

SEPARATION ANXIETY

In some instances, the development of this new skill can actually create distress instead of reassurance. While it's calming for a child

to know that their parent hasn't actually vanished, it can cause a great deal of worry or separation anxiety to know that the parent has left them alone to seemingly do something else. This is mainly due to the fact that, while they now understand object permanence, they don't have a proper understanding of time. In this case, your child will know that you have left and that you still exist wherever you are, but they aren't sure that you'll return any time soon, if at all. Obviously, this is a very upsetting situation for infants!

Having a distraction prepared is very helpful in avoiding a meltdown, if one parent or caregiver leaves the room. While your child will probably notice that someone has left, and may begin to get upset, the remaining caregiver can intervene and try to get your little one to focus on something else. This is often quite effective and keeps tantrums to a minimum.

GOOD THINGS TAKE TIME

Some babies will develop object permanence at a very young age, while it may take others a little longer. Every child is different and most will reach this point naturally in their own time. However, if you have any concerns about your child's psychological development, don't hesitate to reach out to their doctor or consult with their specialist. Particularly if your little one has missed a number of milestones, it's worth checking in with a medical professional for peace of mind, at the very least.

EDUCATION



Making the transition to school successfully and the Scandinavian ethos behind Dibber Preschools!



SETTLING YOUR CHILD INTO NURSERY OR SCHOOL

We spoke with Karla Mediah, principal of Dubai British Foundation early years school, about how you can best help your little one manage the transition of starting school or nursery.



DUBAI BRITISH SCHOOL JUMEIRAH PARK FOUNDATION

Beginning nursery or school is a significant milestone in a child's life that brings about a mix of excitement and anxiety for both children and parents. By understanding the principles of attachment and using some careful strategies, you can help your little one to take this big step smoothly.

PREPARATION IS KEY

Attachment is the deep emotional bond between children and

their parents and it has an enormous influence on a child's social, emotional and cognitive development. A secure attachment provides kids with a foundation of trust and safety, which is essential for their confidence in exploring new environments like a nursery or school. Here are some practical steps you can take with this security in mind.

Communication

Discuss what children can expect well in advance of starting school. Use positive language, highlighting the fun activities, new friends and caring teachers they might find.

Visits

Arrange to visit the nursery or school with your child beforehand. Familiarising them with the new environment, including the classroom, outdoor area and teachers, can help quell their fear of the unknown.

Reading

Read children's books together that depict starting school or nursery, as stories can be very reassuring and relatable for kids.

Routines

It's a good idea to gradually align your home schedule with the nursery or school's routine, such as setting consistent wake-up, eating and bedtime schedules. If your little one will be wearing one, make sure to practise putting on their uniform together a number of times, to become familiar with this new element.

Separation

Leaving your child with trusted relatives or friends can help them get used to being away from you, in a safe environment. Start with short separations and gradually increase the time as is comfortable.

ADVERTORIAL



THE FIRST FEW DAYS

The initial days can deeply affect kids' perception of school - here's how you can make this phase easier.

Set an example

Children are perceptive and can pick up on your emotions. That's why it's so important to display calmness, positivity and confidence, helping them to feel like everything is alright.

Short, sweet goodbyes

Prolonged goodbyes can really heighten separation anxiety (for you both!), so opt for a quick, positive farewell ritual that reassures kids that you will be reunited in due course. "See you later, I love you" is a good place to start.

Independence

Encouraging your child to carry out simple tasks, such as helping to pack their own bag the night before can be a wonderful way to boost their confidence. It helps them feel involved, lending them a sense of control and independence around the whole process.

Once the first week is completed, it's still very important to stay connected, be consistent at home and most of all, be patient; adjusting to a new environment can take time and is a big deal for young children! By understanding the importance of attachment and security, and by taking proactive steps, you should be well equipped to guide your child through this transitional period with confidence and ease!



DIBBER PRESCHOOLS: REVOLUTIONISING EARLY EDUCATION WITH A SCANDINAVIAN CURRICULUM

With strong Nordic roots and practices driven by its Heart Culture, Dibber's mission is to 'develop lifelong learners with a heart for the world.' Let's take a closer look at all they have to offer!

Built on the educational philosophies of one of the happiest countries in the world, Dibber has over 20 years of experience and more than 600 established schools in 10 countries. It is a highly esteemed brand in the global early education market.

RENOWNED SCANDINAVIAN CURRICULUM

Dibber International Preschools are grounded in the Nordic philosophy of education, which forms the basis of their curriculum and teaching methods. Central to their educational activities is the belief in the intrinsic value of children and the creation of a happy childhood. Dibber creates an environment that addresses children's needs for care, play, friendships and a sense of community, while also promoting their development and learning. Children are recognised as unique individuals with the right to participate in and shape their own lives.

It is said that a good childhood lasts a lifetime. Thus, Dibber's pedagogy emphasises learning along with children's wellbeing and development. The aim is for children to understand their self-worth, indulge in their interests and enjoy achieving mastery through a learning journey that is joyful, playful and filled with social interactions that will positively impact their lives.

THE MAGIC OF PLAY-BASED LEARNING

At Dibber schools, globally and in the UAE, 'play' is the central element that ties together every learning theme. The units, or schools, maximise this approach by offering numerous opportunities for outdoor play. Children are encouraged to explore and enjoy their natural surroundings, which fosters curiosity and creativity - the key to learning and retention during the formative years. Dibber views it as their responsibility to create the most

conducive and joyful environment for children to flourish. Their aim is to design experiences that engage all the senses, enabling children to form real-life, memorable and lasting connections that nurture a love for learning.

WHY CHOOSE DIBBER?

Dibber International Preschools focuses on four essential elements in their educational philosophy: cognitive, emotional, social and physical development. A well-rounded curriculum offers children a solid foundation for future growth, learning and success. Imagine an educational community where children are encouraged to be themselves before exploring other areas of learning. At Dibber, education is built around children's interests and passions, fostering self-worth and confidence. This holistic approach allows children to view learning as more than just mastering subjects or following set courses. By nurturing their natural curiosity and joy, Dibber aims to instil a love for learning from an early age.

Through child-led exploration, a passion for global awareness and a commitment to creating nurturing environments, Dibber prepares children for a lifetime of success in an increasingly interconnected and inclusive world.

LOCATIONS IN THE UAE

Headquartered in Norway, Dibber is Northern Europe's largest educational corporation. With its presence in Europe, MENA+, Asia, South Africa (and still expanding), Dibber offers a truly global preschool experience and helps nurture the future.

Previously known as CreaKids in the UAE, Dibber operates four units in Dubai and one unit in Abu Dhabi. The facilities at all Dibber International Preschools and Nurseries abide by Nordic principles of learning, which include spacious and well-lit indoor spaces, and safe and stimulating outdoor areas where children have unrestricted access to explore their surroundings and can easily interact between indoor and outdoor areas.

Al Barsha South, Dubai

Most Dibber Preschools and Nurseries are strategically located near parks, playgrounds and natural spaces to offer children the benefit of interacting with their natural surroundings as part of their learning journey. The Al Barsha South unit, situated in a prime location, provides children unlimited access to Al Barsha South Park, which is just behind the premises. It enables children to develop a love for outdoor activities and exploration in a safe and nurturing environment.

Damac Hills Mudon, Dubai

This unit boasts a covered outdoor area that allows children to transition smoothly from indoor learning to outdoor exploration. The outdoor space is carefully designed to stimulate children's curiosity while prioritising their safety and wellbeing. Furthermore, Damac Hills Park is a short drive away, providing an ideal setting for nature exploration and recreational activities.



The Sustainable City, Dubai

'The Sustainable Pavilion' and 'The Sustainable City' are two extensive complexes located within this unit. The younger children go to the Sustainable Pavilion while older children attend classes at the Sustainable City. This unit is special because it offers hands-on experiences in sustainable living as well. Children are fully immersed in this eco-friendly sanctuary with various outdoor activities available nearby. From learning about birds and bees, to enjoying gardening at a designated area, or watching magnificent horses at the nearby equestrian club, this unit offers truly unique experiences.

Jumeirah Golf Estates, Dubai

The Jumeirah Golf Estates unit has set a standard for exceptional early childhood education, acting as a gateway to a world of remarkable natural wonders and exciting discoveries. Surrounded by lush greenery and tranquil lakes, this facility provides children with unmatched opportunities to connect with nature. The versatile indoor-outdoor area is thoughtfully designed to align with Dibber's curriculum, catering to the children's need for exploration, imagination and physical activity.

Khalifa City A, Abu Dhabi

The first nursery in Khalifa City A marks Dibber's debut in Abu Dhabi. It features a spacious indoor gymnasium, demonstrating Dibber's commitment to promoting children's physical activity and developing their gross motor skills. The expansive outdoor area is designed to encourage running, playing and hands-on activities, promoting children's curiosity, imagination and a lasting love for the natural environment.

Ready to explore Dibber Preschools? Call: 800-DIBBER or email tara.bassil@dibber.com. Schedule a tour at www.edu.dibber.com/dibber-forms.

HOME & GARDEN



This month, our Home & Garden section is dedicated to a deep dive into the eleven design and decor ideas that are making a splash this season!





THE TOP INTERIOR DESIGN CONCEPTS FOR SUMMER

This season, the focus is on creating spaces that are not only aesthetically pleasing, but also practical and comforting - perfect touchstones for family life.

From sustainable materials to bold colours, these eleven gorgeous design ideas offer something for every taste and lifestyle. Let's explore the top trends that are set to dominate this summer.

SUSTAINABLE DESIGN

Eco-friendliness continues to be a significant influence in interior design around the world in general. Homeowners are increasingly choosing furnishings made from recycled or sustainably sourced materials, which translates into more furniture crafted from reclaimed wood, bamboo and rattan, as well as a surge in the popularity of natural fabrics like organic cotton, linen and hemp. Additionally, energy-efficient lighting and solar-powered accessories are becoming more common, being good for your pocket as well as the planet!

New furniture is not necessarily on the cards for lots of us this summer, so incorporating plants into your home is another easy and accessible way to embrace this trend. Vertical gardens and indoor planters not only purify the air for us, but also bring a touch of nature indoors, which adds a serene and relaxing element to your family's living spaces.

BOLD COLOURS AND PATTERNS

This one is all about vibrant hues and striking patterns. So, say goodbye to muted tones and hello to a riot of colours! This season's palette includes rich blues, emerald greens, perfect peaches and sunny yellows, which can be used to create statement walls, or used as accents in your cushions, rugs and artwork.

Patterns are also making a big splash. Geometric designs, floral prints and abstract art-inspired motifs are perfect for adding a playful, yet sophisticated touch to our interiors. Mixing and matching patterns in complementary colours can also create a dynamic and visually stimulating space that feels very stylish, but is actually quite easy to achieve with just a few fun accessories.



MAXIMALISM

Minimalism has had its moment, and now maximalism is stepping into the spotlight. Multiple textures, eclectic collections and a mix of vintage and contemporary pieces are all big components of this concept. To achieve a maximalist look, start with a bold colour palette and layer it with different soft furnishings and patterns. Add personality with plenty of art, books and unique candles or dried bouquets that reflect your tastes and interests. Remember, maximalism is about creating a space that feels curated and lived-in, rather than cluttered.

LIGHT AND AIRINESS

Taking full advantage of natural light is easy here in the UAE! Large windows, glass doors and skylights are making spaces feel brighter and more expansive. If structural changes aren't an option, consider lighter window treatments, like sheer curtains or blinds, that can be easily adjusted to control the amount of light entering a room.

Creating an airy feel can also be achieved through strategic furniture placement and decluttering. Open-plan layouts that facilitate the flow of light and air are great, especially for family living. Adding a well

placed mirror is a simple trick to reflect natural light and make your rooms appear larger and more open.

VINTAGE AND UPCYCLED FURNITURE

There's a growing appreciation for vintage and upcycled furniture this year. These pieces add character and a sense of history to modern interiors. Shopping for second-hand furniture or upcycling old pieces not only contributes to sustainability, but also allows you to have a more unique vibe.

The general advice is to mix vintage finds with contemporary pieces for a balanced look. An antique dresser can add charm to a modern bedroom, or a retro coffee table can become the focal point of a living room. The key is to choose pieces that resonate with your family's style and create a harmonious blend of old and new.

OUTDOOR LIVING SPACES

As the weather warms up, outdoor living spaces become an extension of our homes. Cosy seating arrangements, outdoor rugs and weather-



resistant cushions are becoming staples of the summer. Investing in durable and attractive outdoor furniture is essential, so look for pieces made from materials like teak, aluminium or synthetic wicker that can withstand the elements. Adding outdoor lighting, such as string lights or lanterns, can create a magical ambience for evening gatherings and get-togethers. Don't forget to incorporate some greenery, with potted plants or a small garden, to enhance the experience!

ARTISANAL AND HANDMADE PIECES

Artisanal and handmade items are having their moment in home decor. These pieces add a unique and personal touch to interiors, standing out in a world of mass-produced goods. Handcrafted pottery, woven textiles and bespoke furniture are all popular choices.

Supporting local artisans and small businesses not only brings unique items into your home but also supports sustainable practices. Look for items that tell a story and add depth to your decor. These pieces often have a timeless quality that transcends seasonal trends.

DEDICATED HOME OFFICES

The rise of remote work has made dedicated home offices a necessity for many. Functional yet stylish workspaces that inspire productivity and creativity are on the rise. Make sure to opt for ergonomic furniture that supports good posture, such as adjustable chairs and standing desks. A well-organised desk with plenty of storage for office supplies also maintains a clutter-free environment, which helps you concentrate and reduces mess around the house.

Remember that offices don't have to feel cold! Artwork, plants and keepsakes can add elements of your character and a sense of warmth to your workspace. Good lighting is essential; ensure your workspace has a combination of natural light and task lighting. You could even consider using a statement lamp for a bit of personality.

FLUTED DESIGNS

Fluted designs are gaining traction this summer, bringing a sense of texture and sophistication to interior spaces. This design element, characterised by its vertical grooves, can be found in furniture, cabinetry



and even architectural details. Fluted finishes are subtle but striking, making pieces stand out without overwhelming your space.

You can incorporate fluted designs in various ways, such as fluted kitchen islands, bathroom vanities, or accent walls. These details work well with both traditional and contemporary interiors, adding depth and dimension to any home. Fluted glass is also becoming popular for cabinet doors and room dividers, offering a blend of privacy and translucency, as well as a dose of understated elegance.

HIDDEN STORAGE

With the ongoing emphasis on decluttering and being intentional, hidden storage solutions are a top trend for this summer. Innovative designs that conceal storage within furniture pieces are highly sought after. Think ottomans with hidden compartments, beds with under-mattress storage and benches that open up to reveal space for stashing away items.

Built-in cabinetry and custom shelving units are also popular for maximising storage without sacrificing aesthetics. These solutions help maintain a clean and organised family home that looks great and functions really well.

QUIET LUXURY

Quiet luxury is the epitome of understated elegance, focusing on high-quality materials and craftsmanship, with an emphasis on comfort and sophistication. Furniture and decor items should be carefully curated, underlining texture and detail. Luxurious fabrics like cashmere, mohair and silk add a touch of opulence, while natural materials such as marble, wood and stone give a grounding effect to rooms. Quiet luxury is about creating a refined, harmonious space that feels effortlessly elegant and inviting, where every item has a purpose and contributes to the overall sense of tranquillity and wellbeing.

I think we can all agree that summer is set to be an exciting season for interior design. Whether you're looking to make bold changes or subtle updates, these trends offer plenty of inspiration to refresh your home and help you create a living space that you love spending time in!

GOOD LIVING



This season's makeup trends and the Editor's favourite beauty and makeup products this month!



From 'clean beauty' serums to multipurpose makeup, here are my favourite products for June!

VERSATILITY WITH FLORMAR



Summer is here, and it's time to refresh our beauty routines and switch out those dark shades for lighter hues. Flormar is on hand to help us embrace the vibrant spirit of summer with its high-performance products.

Silk Matte Liquid Lipstick

Their iconic Silk Matte Liquid

Lipstick offers a silky matte finish, without compromising on lip hydration. Priced at AED 45, it comes in six new shades and boasts long-lasting wear and a vibrant colour payoff. You'll be able to achieve the perfect matte look, with a formula that feels comfortable on your lips and goes on easily and smoothly. This liquid lipstick comes packaged in a transparent tube with a convenient sponge applicator tip, with new shades ranging from bold red, to sweet peach and, of course, nude! You're sure to find your perfect colour.



Multipurpose tints

Achieve natural-looking makeup effortlessly with Flormar's great range of multipurpose tints (AED 45), designed to refresh your look with minimal products. Their innovative water-based gel offers long-lasting wear and lovely natural tones that can be reapplied throughout the day. I think its texture gives a very natural finish, ranging from light to medium coverage, depending on the amount you use. Personally I even wear it as eyeshadow in a pinch!

It comes with a really convenient flock applicator, and is so versatile to have on hand. For cheeks, simply apply as a dot and blend quickly with fingertips or a makeup sponge and for lips, apply directly with the applicator for a seamless finish. Available in four shades, you won't be short of options!

CLEAN BEAUTY WITH MINIMALIST

Minimalist, India's leading science-backed skincare brand has gained quite a following in the region lately. Completely transparent about ingredients, it's easy to see why! Backed by proven research and a highly qualified team, the Minimalist range is fragrance-free and non-comedogenic - carefully designed to target your specific skin concerns so you can enjoy your healthiest skin yet! Here are my three personal favourites.

Minimalist Salicylic Acid 02% Face Serum

This is a wonderfully gentle exfoliant with 2% salicylic acid, that wards off acne, blackheads and keeps your oils in check for flawless matt-looking skin. An ideal product to have on hand as the temperatures soar!

Minimalist Tranexamic 3% Face Serum

We tend to focus a lot on our moisturisers, but in my experience, the right serum can be transformative for your skin. This is a fantastic choice if you're looking to combat hyperpigmentation and reveal a brighter, more even complexion.

Minimalist SPF 50 Sunscreen

A lightweight, moisturising sunscreen with a broad-spectrum SPF 50 and a PA++++ rating that protects your skin from harmful UVA and UVB rays, repairs the damage caused by UV exposure and leaves your skin looking natural and healthy.

Shop Minimalist products online at FACES, Namshi, Nysaa, Amazon, Noon, 6th Street and Noon Minutes or at Nysaa and 6th Street stores.



FIVE STYLISH SUMMER MAKEUP TRENDS

Let's dive into the hottest looks for summer!



I'm refreshing my beauty routine with a little inspiration from the latest summer trends! A blend of natural elegance and playful experimentation, whether you're lounging by the beach or attending glamorous soirées, you're sure to look effortlessly chic and on-point with these popular beauty tips and trends.

DEWY SKIN

This summer, dewy skin is taking centre stage. The focus is on achieving a luminous, healthy glow that looks naturally radiant. To nail this trend, start with a hydrating skincare routine involving a lightweight moisturiser and a serum packed with hyaluronic acid to keep your skin plump and hydrated. For makeup, opt for a sheer, dewy foundation or a tinted moisturiser that enhances your natural complexion without looking heavy, and highlight the high points of your face with a liquid highlighter for that extra touch of luminosity!

BOLD LIPS

Bold, statement lips are making a major comeback this summer. Think vibrant reds, corals and hot pinks that can instantly elevate any look. Matte and glossy finishes are both in vogue, so choose the one that suits your style best. To ensure your lipstick lasts all day, use a lip liner to define your lips and prevent

any feathering. This trend is perfect for those summer evenings when you want to make a lasting impression with minimal effort.

PLAYFUL EYESHADOW

This season is all about having fun with your eyeshadow. Bright, playful colours like electric blue, neon green and sunny yellow are must-haves, and don't be afraid to experiment with unexpected combinations! To achieve



that flawless look, my advice is to use a good eyeshadow primer to make your colours pop and stay in place throughout the day.

GLOSSY LIDS

Glossy eyelids is another trend that's capturing everyone's attention. This look is all about creating a high-shine, wet-effect on the eyelids and you can achieve this by using a specialised eye gloss or by applying a clear lip gloss over your favourite eyeshadow. In my opinion, this trend pairs beautifully with minimal makeup, allowing your eyes to be the focal point... it's perfect for those balmy summer nights when you want to add a touch of glamour to your look!

NATURAL BROWS

Natural, fluffy brows continue to be a beauty favourite this summer - instead of heavily sculpted arches, we're leaning towards a more relaxed and effortless look. All you need to do is use a brow gel to brush your brows upwards, to enhance their natural shape and add some volume. If you need extra definition, fill in any sparse areas with a fine brow pencil, but remember to keep the overall look soft and natural.

Whether you prefer a dewy, fresh-faced look or love to experiment with vibrant colours and textures, embrace the new season's trends with confidence, and let your beauty shine through.

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