

ISSUE 157 | JULY 2024 | DHS15

Mother Baby & Child

**EVENT REPORT:
PREGNANCY AND
GROWING YOUR FAMILY**

**PREVENTING THE
SUMMER SLIDE**

**ECO-FRIENDLY HOME
UPGRADES**

**KEEPING KIDS' FIT
WITHOUT TEAM SPORTS**

**HOW BABIES' TASTE
DEVELOPS**

**THE SIX PILLARS
OF EFFECTIVE
PARENTING!**



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EDITOR'S LETTER

Hello Mum!

Summer is in full swing, and with it, I know many parents worry about their children's learning and academic skills. It's best to preventatively guard against the 'summer slide' and manage your little one's education without the structure of school. We've carried a useful piece on page 33, filled with wonderful ideas on how to keep kids' minds engaged through games, play and everyday activities, so they're sharper than ever when that first school bell rings!



At the end of June, we held a very special free event, with the theme of 'Pregnancy And Growing Your Family', sponsored by Clearblue, and supported by Al Ain Farms and WaterWipes. The event aimed to support pregnant mothers and those looking to start or expand their families. Our speakers discussed many aspects of this wonderful journey, including maintaining your wellbeing and confidence as a new parent, how to manage the changing family dynamic when you already have a toddler, family planning and much more. The event was a safe place for parents to soak up the advice of experts, ask their questions and enjoy a lovely goody bag! Read all about it on page 23 of this issue.

For mothers who are a little further along in their parenting journey, on page 28, we have a rundown of six brilliantly effective concepts to bear in mind when it comes to parenting, and how best to implement them with your family. Elsewhere, I'd love to draw your attention to two excellent pieces, the first of which you'll find on page 20, where we look at why team sports aren't for every child, but how it doesn't need to get in the way of their fitness, and the other on page 18, which discusses bullying in the workplace and how this can put huge pressure on women and mothers.

This month, the entire School & Family Breaks section is dedicated to showcasing eight enchanting destinations, both abroad and at home, that are perfect for a unique holiday together. Whether you choose the bustling cityscapes of Dubai, the tranquil beaches of the Maldives, or the cultural wonders of Vienna, these summer getaways offer a variety of experiences to suit every family's needs! Make sure to check it out on page 37.

The Editor's beauty picks for July (page 49) include some gorgeous handcrafted Palestinian soaps, as well as the secret makeup product to give you glowing, dewy skin in this sweltering heat!

You know by now that I don't like to spill the beans here, but rather, I'll leave you to read the magazine for yourself! My parting advice is to enter our brilliant competitions, because you never know - you might just be this month's lucky winner!

Happy reading!

Ella

Editor

Mother, Baby & Child Magazine

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Editor's — PICK —

BEATING THE HEAT WITH REFRESHOS SORBETS FROM LITTLE MOONS

Little Moons, the artisanal mochi ice cream bites, is helping me keep cool this summer with the launch of its fresh and fruity 'Refreshos' sorbet range. I'm loving the zingy flavours! The Very Berry Mochi Sorbet is bursting with cold, bold berries and the Pineapple and Mandarin Sorbet is a sweet tropical explosion on the tongue!

With less than 60 calories per ball, the deliciously cooling sorbet is wrapped in a soft and chewy signature mochi dough, and is a lovely light indulgence that is gluten free, suitable for vegans and free from artificial flavourings, colours and preservatives.

If you want to get your hands on these little balls of bliss, you'll find them at all the major retailers including Carrefour, Lulu, Spinneys and Choithrams. If you want them delivered straight to your door, you can order through Talabat, Noon and Careem for around AED 35.





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*The opening of the school is subject to the readiness of the building and final approval from KHDA.

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— PICK —



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GOOD LIVING

How Young Artists In Dubai Can Merge Creativity And Compassion

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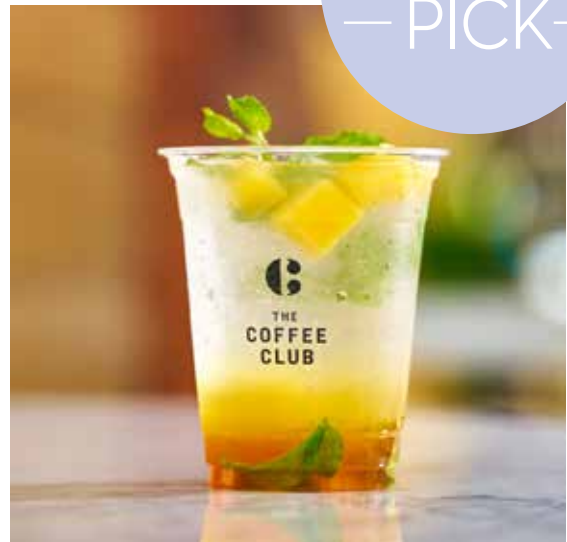
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REFRESHING SUMMER DRINKS FROM THE COFFEE CLUB

The Coffee Club has introduced a summer range of delicious limited-edition drinks, perfect for keeping you refreshed. Personally, I love that they've let the baristas get creative as now, every branch has created its own drink! From tropical coolers, to rich frappés and milkshakes, each drink provides something to suit every taste. The limited-time summer drinks include:

- After The Rain (Yas Mall), a delightful, sparkling fusion of mango, lemon, mint and soda water.
- Little Miss Sunshine (Bluewaters), a zesty medley of orange, lime, mint and soda water, perfect for a sunny day.
- Forever Summer Frappé (Time Square Centre), a delicious, creamy blend of orange, vanilla and mint that captures the essence of summer in every sip.
- Guac 'N Roll Smoothie (Al Forsan Village), a creamy drink that includes avocado, banana, chia seeds, maple syrup and almond milk for a nutritious and delicious treat.
- Pistachio Milkshake (JLT), blending vanilla ice cream, milk and pistachio.

The new drinks are available until the end of summer!

For more information, visit www.thecoffeeclubme.com

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THINGS TO DO



A getaway in the city for busy parents; a mango-themed menu for the whole family to enjoy; a spectacular Summer Splash Fest and more!



LUXURY AFTERNOON TEA AT GRAND CLUB LOUNGE

If you class yourself as a bit of an afternoon tea aficionado, the Grand Club Lounge on the 25th floor of Al Habtoor Grand Resort, Autograph Collection, beckons as the epitome of refined indulgence. Indulge in a leisurely, specially curated afternoon tea, featuring delicious treats such as fresh scones, gorgeous sandwiches and tasty cakes - all accompanied with a selection of comforting hot drinks to sip on. Sink into their inviting sofas and bask in the sweeping vista on offer, enjoying a moment of elegance with your companions of choice! Running daily from 2 pm to 5 pm, this lovely afternoon tea experience is priced at AED 95 per person, with a minimum of two people required.

For reservations, call +971 507806342, or email hgrs.fbreservation@habtoorhospitality.com.



SUMMER SPLASH FEST AT LEGOLAND®

LEGOLAND® Water Park is thrilled to announce the launch of Summer Splash Fest, a sensational summer event packed with exhilarating games, activities, entertainment, prizes, meet and greets and much more. The fun runs from now until August 25th and your family is invited to dive into a world of splash-tastic fun, daily from 10 am until 7 pm.

Cool off in the wave pool, while water cannons and music create the ultimate summer experience, and don't forget to re-energise by indulging in the delicious fare on offer at the dedicated barbecue area! With lively tunes and bubble machines adding to the exciting atmosphere, the Summer Splash Fest at LEGOLAND Water Park is the perfect place to spend a day out with friends and family this summer. That's not all! LEGOLAND Dubai Resort is inviting kids to stay, play,

eat and splash for free this summer, for all bookings made before 25th August for LEGOLAND Hotel.

Family-friendly activities include:

- **Splash N' Grab** - navigate the Build-A-Raft River, and be on the lookout for a special soft LEGO brick floating in the water to win a unique prize.
- **Build-A-Boat Championship** - construct and race the most innovative boats down the water channel for a chance to win a LEGO set.
- **Character Meet And Greet** - meet the beloved LEGOLAND characters including the famed Shark Suit Guy, Brick Suit Guy, Ollie The Dragon and many more!
- **Summer Splash Squad Dance Show** - join high-energy dance performances,

featuring water cannons and hydrants shooting water into the air.

- **Flash Mob Interactions** - join the Summer Splash Squad for spontaneous and power-packed dance routines and lively performances.
- **Water Games** - participate in water balloon tosses, sponge relay races and power through fun water obstacle courses.
- **Water Aerobics** - groove to fun aerobic sessions in the water, perfect for all ages.

Guests can hire a cabana in advance to maximise the family fun and beat the heat in between activities, and all visitors will also be given an exclusive, collectable Summer Splash Fest LEGO brick memento to commemorate the exciting day!



GETAWAY AT VOCO DUBAI THE PALM

Palm West Beach's voco Dubai The Palm has announced its 30-hour staycation summer offer, perfect for a memorable getaway on the picturesque shores of Palm Jumeirah. Available weekdays until August 31st, the offer involves a 30-hour stay for two adults, starting from AED 450 per night. Guests can enjoy early check-in at 12 pm and late check-out at 6 pm, breakfast at the delectable Maison Mathis, AED 100 food and beverage credit, as well as access to the hotel's private beach, rooftop pool and 24-hour fitness centre.

Voco, meaning 'to invite' and 'call together' in Latin, represents the thoughtful, unstuffy and charming vibe of this seasonal staycation - a lovely way to experience the beauty of Palm Jumeirah and fully unwind, away from your usual responsibilities. Here, you'll be able to enjoy breathtaking views and exceptional service, guaranteeing you a beautifully relaxing time out from the pressures of everyday life!

Visit www.ihg.com/voco/hotels/us/en/dubai/dxbpj/hoteldetail for more!

A CHICK-TASTIC FAMILY NIGHT IN!

How would your family movie night be if you put a big box of 40 hot, fresh chicken bites on the table during your cosy evening together?! Or how would your night be if you arranged for everyone to have their own individual box of juicy fried chicken bites, crinkle fries, pickles and sauce to watch the matches as the Euro football tournament builds up to the final?

But what if one of you loves spicy hot chilli flavours and someone else prefers no spice on their chicken bites? No problem! Dave's Hot Chicken has launched a great little addition to their famous chicken in the form of snack nugget bites, available in three spice preferences: 'no spice,' 'medium' and 'hot', letting everyone share a night of 'movie or match' snacks, just the way they like it!

From its first hot chicken outlet in East Hollywood, and now from more than 700 outlets across the globe, the famous American brand of hot chicken has attracted backing from Hollywood and music celebrities like Samuel L. Jackson and music giant, Drake. So it's no wonder that Dave's Bites has proven to be wildly popular in the UAE, with its variety of juicy chicken options tailored to satisfy every craving.

For all your casual at-home get-togethers, you can indulge in either individual portions of 10 perfectly seasoned chicken



bites, with the option to add the famous crispy crinkle fries, pickles and sauce; or order the 40-piece sharing box, designed for sharing with friends and family. Whatever option you choose, Dave's Hot Chicken bites are the ultimate in casual, cosy, comforting hot chicken bites that'll make the great family night so much more pleasurable!

Order your Dave's Hot Chicken bites on Deliveroo!

THE SWEETEST GIFT FROM SUGARGRAM



If you are looking for a perfect gift for family, friends, colleagues, your child's teacher - or for a special occasion at home, Sugargram's beautifully-packaged bite-sized and high-quality cupcake box is a real delight to give and receive - complete with a big gold bow!

Priced at AED 140, the mini cupcake box itself comes in a luxurious gift bag, instantly giving the message that you're gifting something that is exciting and flattering to receive. The box contains 25 bite-sized cakes, all beautifully iced in different flavours that include carrot cake, red velvet, chocolate fudge, Lotus biscuit and more - each playfully named for an added fun factor.

Sugargram is a home-grown premium dessert gifting brand, with a unique bite-size concept that has expanded to include a variety of other delectable treats, such as bonbons, artisanal gummies, cookies, celebration and tin cakes - all made with the same commitment to using only the freshest and highest quality ingredients.

With cute, personalised boxes and impeccable attention to detail, the it'sy-bitsy treats are the perfect choice as a gift or to add a little magic to any family occasion.

Available from Deliveroo and Chatfood.

CELEBRATE THE MANGO SEASON IN AL KARAMA!

The much-awaited mango season is here, and the President Hotel in Al Karama is celebrating the king of fruits with a special mango menu at two of its locations - Kovalam and the High Spirit Bistro Café.

So, if your family is mad about mangoes, you will love diving into menus that pay homage to the mango in all its glory!

Kovalam Mango Menu

Here's a teaser of the menu can expect at Kovalam - all dishes inspired by the southernmost coastal part of India:

- Tangy Mango Scallion Soup (AED 24)
- Zesty Mango Mustard Salad (AED 24)
- Golden Mango Puri Delight (AED 34)
- Tropical Mango Rice (AED 25)
- Mango Manchati Curries and Gassi (AED 49)
- Mango Delight Kheer (AED 24)

High Spirit Bistro Café

For a more café-like atmosphere, visit High Spirit Bistro Café with its soothing interiors. Enjoy a variety of salads and delightful desserts, in addition to mango-themed offerings:

- Mango Gazpacho (AED 23)
- Tropical Fusion Salad (AED 29)
- Tangy Thai Mango Salad (AED 29)
- Zesty Mango Mustard Salad (AED 24)
- Mango Panna Cotta (AED 24)
- Mango Mousse (AED 24)
- Mango Cheesecake (AED 29)

Whether you're a die-hard mango lover or just looking for something new and exciting, President Hotel has something special in store for you. Don't miss out on this seasonal delight, available for a limited time only!



For more information, visit www.peninsulagroup.ae or call 050 469 1510.

WELLBEING



How bullying in the workplace affects mothers, helping children who don't like sport, developing your baby's sense of taste and much more!



HOW TASTE DEVELOPS IN BABIES

We explore the evolution of taste from the womb to toddlerhood, looking at the top tips to help your baby enjoy a healthy, diverse diet with ease.



Understanding how babies' taste develops is a fascinating journey that actually begins before birth and continues well into childhood. As parents, it's thrilling to watch your little one discover new flavours and preferences. This process is not just about food - it's a complex interplay of genetics, environment and experiences. Let's take a look!

PREGNANCY AND TASTE

Believe it or not, babies start developing their sense of taste while still in the womb. Around the 13th to 15th week of pregnancy, taste buds begin to form, and by the third trimester, the amniotic fluid that surrounds the baby can carry flavours from the mother's diet. This means that a varied maternal diet during pregnancy can introduce your baby to different tastes early on. If you enjoy a range of flavours, such as garlic, ginger and vanilla, your baby is likely to be exposed to these too, setting the stage for their future taste preferences.

A SWEET TOOTH

When babies are born, their taste buds are incredibly sensitive, more so than those of adults. Newborns are born with a preference for sweet tastes, which is why they naturally enjoy breast milk or formula. Breast milk, in particular, has a slightly sweet flavour and can vary subtly based on the mother's diet, continuing to expose babies to different tastes.

Interestingly, newborns also have a built-in aversion to bitter and sour tastes. This evolutionary trait likely helped early humans avoid toxic substances, which often taste bitter. However, this doesn't mean your baby will never like these flavours. Repeated, positive exposure is the key.

INTRODUCING SOLID FOODS

Around six months of age, babies are usually ready to start exploring solid foods, introducing them to a new world of flavours. This milestone is a perfect opportunity to broaden their taste horizons. It's good to begin with single-ingredient purees and gradually introduce more complex combinations, making sure to offer a variety of vegetables, fruits and grains to develop a well-rounded palate for your child.

THE BEST APPROACH

How can you best make sure the journey of introducing your bundle of joy to solid food is as smooth as possible?

Start with vegetables

Since babies are naturally inclined towards sweet flavours, introducing vegetables first can help them accept these less sweet tastes. Carrot, sweet potato and peas are good starting points. Vegetables like broccoli, spinach and green beans can be introduced more gradually. Starting with these options can help your baby develop a balanced palate and prevent a strong preference for sweeter fruits early on. Additionally, steaming or roasting vegetables can enhance their natural sweetness, making them more pleasant for your baby.

Variety is key

Offering a wide range of foods helps babies get used to different tastes and textures. Don't be discouraged if they reject something initially - it can take multiple exposures before they start to like a new food. Aim to introduce a new taste every few days and observe your baby's reactions. This not only helps in identifying any potential allergies, but also encourages a sense of adventure in trying new foods. Including a mix of colours and types of foods can also make mealtimes more exciting and educational, teaching your baby about diversity in their diet.

Mix it up

Combine new foods with ones they already enjoy to make the transition smoother. For instance, if your baby loves sweet potato, you can mix it with a new vegetable like cauliflower or courgette. Then, just gradually increase the proportion of the new food while reducing the familiar one. This method helps in masking the



unfamiliar taste initially and allows your baby to adjust to the new flavour slowly. Additionally, mixing foods of different textures can also help your baby get used to more complex meals, aiding in the development of their chewing and swallowing skills.

TEXTURE AND HEAT

As your baby gets older and more comfortable with eating solids, it's essential to introduce various textures and temperatures. From smooth purees, to chunkier mashed foods and eventually small, soft pieces of finger foods, each stage helps develop their chewing skills and preferences.

Did you know that temperature can also affect taste perception? Warmer foods will enhance

the flavour and make it more palatable, while cooler foods can be soothing, especially during any bouts of teething.

A LOVE FOR HEALTHY FOODS

Developing a preference for healthy foods early on can set the foundation for a lifetime of good eating habits, and make things far easier at mealtimes all through childhood. Here are some strategies to encourage this from the beginning.

Lead the way

Babies learn by watching. If they see you enjoying a wide variety of healthy foods, they are more likely to try them too. Make a point to eat meals together as a family whenever

possible, allowing your baby to observe your positive eating habits. Show enthusiasm for trying new foods and express how much you enjoy healthy options, which can inspire similar behaviour in your child.

A happy environment

Try to make mealtimes enjoyable and stress-free (where possible!). Be mindful to avoid pressuring your baby to eat, which can create negative associations with certain foods, and to keep the atmosphere light and fun, using mealtime as an opportunity for bonding and exploration, rather than a battleground. Introducing colourful plates, playful utensils and fun presentations of food can also make eating more appealing for the littlest members of your family.

Respect their appetite

Trust your baby's hunger and fullness cues. Forcing them to eat can backfire and create power struggles around food. Rather, pay attention to signs of hunger and satiety, such as opening their mouth eagerly or turning their head away. By respecting these cues, you help your baby develop a healthy relationship with food and their body, helping their self-regulation and preventing overeating.

Consistent exposure

Regularly offering a variety of healthy foods without making a big deal out of refusals helps build familiarity and acceptance. Even if your baby doesn't eat a particular food, repeated exposure increases the likelihood of their acceptance over time. Consistency and patience are really important to remember when trying to nurture a love for healthy foods as a parent.

TASTE CHANGES OVER TIME

It's important to remember that taste preferences can change as your baby grows. What they loved at six months might not be their favourite at one year, and that's perfectly normal. Continue to offer your child a variety of foods without giving up on those that were previously rejected. Once again, persistence and patience are key.

GENETICS AND CULTURE

Genetics play a role in taste preferences and this is something that's easily forgotten during the journey of developing your baby's taste buds. Some children may be more sensitive to bitter flavours due to their genetic makeup, making certain vegetables, such as cucumbers, less appealing. Understanding this can help you navigate their dislikes with empathy and creativity. Cultural influences also shape little ones' taste development. Different cultures introduce varied spices, herbs and flavour profiles early on, which can significantly influence a child's palate. Embracing cultural diversity in your baby's diet is a simple, but often overlooked way to enhance their appreciation for different flavours and cuisines.

FUSSY EATING

Picky eating can be a common phase during toddlerhood. It's a normal part of development, and may not really even be food

related, as children attempt to assert their independence and preferences. Here are some tips to manage this phase:

Stay calm

Avoid making a big deal out of picky eating as stress can exacerbate the situation. Remain patient and composed, understanding that this phase is a natural part of growing up. Children are highly perceptive and can pick up on your anxiety, which might make them more resistant to trying new foods. Maintaining a calm demeanour helps create a relaxed eating environment.

Offer choices

Giving your child some sense of control by offering a selection of healthy options can

go a long way. Allowing them to pick between different vegetables or fruits can make them feel empowered and more willing to try new things. You might say "Would you like broccoli or carrots with your meal?" This approach not only gives them a sense of independence but also ensures they are consuming nutritious foods regardless of their choice.

Consistency and routine

Regular meal and snack times can provide structure and reduce any fussiness that might appear. Establishing a routine helps toddlers know what to expect and can make mealtimes smoother. Consistent timing and familiar rituals, such as setting the table together or a pre-meal hand-washing routine, create a sense of security and predictability and this stability can help reduce resistance, making mealtimes more enjoyable for both you and your child.





Creative presentation

Sometimes, how food is presented can make a big difference. Try using fun shapes, colourful plates and even involving your child in the food preparation process. This engagement can make them more interested in eating the meal they helped create, while making food visually appealing and interactive can transform mealtime from a chore into a joint adventure!

FUN AND EXPLORATION

Making mealtime a fun activity can encourage a positive relationship with food. Here are three ways to engage your baby's senses.

Colourful plates

Why not make a splash with a variety of colourful foods to make the plate visually appealing? A rainbow of fruits and vegetables not only looks enticing, but it also provides a nice range of nutrients to help your little one grow. Bright colours

can stimulate babies' interest and curiosity, making your bundle of joy more likely to try new foods you offer them.

Interactive eating

Let your child touch and play with their food. While it can be a messy experience from an adult perspective, it's actually a very important aspect of forming a relationship with food and taste. This tactile experience can make little ones more interested in tasting it. Finger foods, such as steamed veggie sticks or fruit slices, also encourage self-feeding and exploration. The hands-on approach can make mealtime an enjoyable learning experience for babies, contributing greatly to their motor skills and sensory development.

Food stories

While it may seem a bit out there, try your hand at creating stories around certain foods or meals and see what results you get! This is a straightforward way to make trying new things

more cool and less daunting. For example, tell a tale about a brave broccoli forest or a carrot spaceship. Linking food to imaginative play can reduce young children's reluctance and transform eating into a delightful adventure. This narrative approach not only sparks their imagination, but also creates positive associations with healthy foods.

IT'S A JOURNEY

Remember, developing a baby's taste is a journey rather than a destination. There will be successes and setbacks along the way, but just embrace the mess, the laughter and the occasional food fight with as much grace as you can! The tastes and foods your baby is exposed to during their early years has a lasting impact on their eating habits. From the flavours they encounter in the womb, to their first bites of solid food, each step is an exciting chapter in your adventure together! Just know that positive, wide-ranging experiences with food will lead to a more adventurous eater, a rich and varied palate and a balanced diet that will benefit your baby for a lifetime.

DISCOVER THE PUREST CLEAN WITH WATERWIPES™

In this month's issue, we take a look at all that WaterWipes™ has to offer parents preparing for family adventures this summer.

With summer upon us and as you begin to prepare for family adventures, ensuring your little one's comfort and cleanliness when out and about becomes a top priority. Whether you are heading to the beach, a picnic in the park, or a road trip, having the right essentials can make all the difference. WaterWipes™ are the perfect companion for your summer outings, providing a gentle and effective clean for all skin types no matter where your adventures take you.

A BRAND YOU CAN TRUST

WaterWipes™ was created by a father determined to find a better alternative for his daughter's sensitive skin, without numerous ingredients. Many years later and after a lot of hard work, testing, and scientific research, WaterWipes™, the world's purest baby wipes, was born. Created and made in Ireland, WaterWipes are plant-based¹ and plastic free² wipes.

GENTLE ON SKIN, TOUGH ON MESS

WaterWipes™ Original are made with just two ingredients - 99.9% water and a drop of fruit extract - and are the first wipes to be certified 'microbiome-friendly' by MyMicrobiome, meaning they help maintain skin health, making them great for even the most sensitive newborn skin. Try our WaterWipes™ Original to gently



clean and help protect your delicate newborn's skin, whether it's an ill-timed diapering mess during a trip to the park or day-to-day at home.

WaterWipes™ Textured Clean contains minimal ingredients and are textured for a deeper, more effective clean. Make sure to bring a pack of WaterWipes™ Textured Clean on your next trip with your toddler, for sand-and-sunscreen covered hands and feet, BBQ and watermelon smeared faces, tough on mess but gentle on skin - perfect for cleaning even the stickiest hands and faces!



TRUSTED BY PARENTS AND PROFESSIONALS

WaterWipes™ is recommended by dermatologists, midwives, and paediatricians worldwide. Surveys indicate that 96% of dermatologists agree that WaterWipes™ is the number one wipe choice for sensitive skin³. They are free from artificial fragrances and colours, meaning they are suitable for use on eczema-prone skin. Every day, parents around the world are discovering the benefits of WaterWipes™ - so why not join them and see for yourself?



¹ Wipe made from regenerated cellulose (viscose) utilising wood pulp as a precursor.

² Does not refer to the full product lifecycle nor the external plastic packing and relates to the wipes only.

³ Source: 272 Dermatologists at AAD, USA, 2024.

Visit www.waterwipes.com to discover the full portfolio of products.

BULLYING IN THE WORKPLACE: THE IMPACT ON WOMEN AND MOTHERS

Emma Burdett, Gender Equality Expert and CEO of Women In Leadership Deliver (WILD), looks at the important topic of why bullying is so common for women in the workplace.

The gender gap remains a big and important challenge, with progress being unacceptably slow and equality unlikely to be seen in our lifetime. As an INSEAD qualified, experienced keynote speaker, moderator, commentator and coach in the area of gender equality studies, I have come to know this firsthand. Since the launch of WILD (Women in Leadership Deliver) in 2018, a platform for all women in the UAE to come together, create connections, collaborate and conquer, I have gotten to know many women on a personal level. The stories I have heard have at times been shocking and sad, taking me back to my own corporate workplace days. When I reflect on my career, I have been bullied, harassed and fired, and I have certainly endured toxic workplace cultures. In 2016, during my earlier career in the UK, I was even thrown out of a client's office for being a woman!

WOMEN IN LEADERSHIP DELIVER (WILD)

In fact, WILD was created from being bullied and fired. The rock bottom I experienced after this treatment was an opportunity to go inwards, where thankfully, out of despair and an awful situation, I was able to create something that gave back to the community - in particular women. My core motivation for building WILD in the first place was to offer women a space to be seen and heard, and I have made it my life's work to ensure younger females do not experience what I and many other women have, when it comes to toxic workplaces.



FROM THE TOP DOWN

I think it's important to highlight gender inequality and how statistics and research show that there is little to no improvement when it comes to women having fair and equal representation at board level. Notably, in the UAE, a recent report showed there are a mere 11% of women on boards. Perhaps it's only when we are offered a fair seat at the table that we can begin to create more inclusive policies where women aren't undermined.

THE STIGMA OF MOTHERHOOD

Gender stereotypes and gender myths still lead to unconscious bias in the workplace and whilst some companies are adopting flexible working to accommodate working mothers, we need to see greater cultural changes, which will only come into play when mindsets also shift. In reality, giving accommodations to working mothers has sometimes resulted in stigmas around women being less committed, which often leads to being bullied and being discounted for new opportunities, promotion or pay rises. Just because women have children it doesn't make them any less ambitious or competent.

Statistics also show that a whopping 96% of women find that having children impacts their careers for the worse. Women's struggle to re-enter the workforce after having children is also not to be forgotten, statistically resulting in a pay cut of up to 40%. It's obvious from these figures that many companies are blocking this pool of wonderful talent from their pipeline, all because women want to be mothers too.

OPPORTUNITIES AND ROLE MODELS

We often still see and experience outdated talent management structures. These are often hierarchical and autocratic, where people live and work in fear, and this does not create an environment where many women can thrive and excel. Women often leave the talent pipeline when there are not enough opportunities to be promoted, or due to a lack of female role models. I often speak to women in male-dominated sectors, such as law or finance, and am shocked to hear how they feel that just because they are a woman they will never make partner or the board. This trickles down into dynamics such as how they are often spoken over in meetings, or



even worse, discredited for their ideas! All of these are forms of bullying in the workplace. Furthermore, let's not forget that non-constructive criticism also qualifies as bullying.

FEMALE MENTAL WELLBEING

As a result of toxic workplaces and bully bosses, women are 40% more likely to suffer from depression and are also twice as likely as men to develop anxiety. The effects of bullying are severe and I can speak firsthand to the impact it can have, including a loss of confidence and deep feelings of inadequacy or being 'not enough' for success. It is essential to highlight that whilst gender inequality leads to women facing an uphill struggle sometimes, bullying is not gender-specific. I personally have experienced awful female bully bosses who have made life difficult, been manipulative or unnecessarily critical, humiliated me and set me up to fail.

THE UPSIDE

My advice is to get out as soon as possible and know that we always have a choice, even though it may not seem like it at the time. Nothing is worth our mental health, especially not our job. In fact, the good news is that toxic workplace cultures and bully bosses are resulting in more and more women becoming entrepreneurs. With laptop lifestyles and the ability to work online, there is a rise in female entrepreneurship pursuits.

I speak to many women who now want to be their own boss, have freedom, live life on their own terms and who have a desire to build impact-driven business. There is a trend of women wanting to move away from working for someone else, towards running their own gig. A system that has such a lack of female role models in the workplace has ultimately contributed to women entering into entrepreneurialism - which is a great thing! Our new and latest initiative at WILD supports women to ditch the 9-5 and build and monetize their very own passion project - perfect for stay-at-home mums, looking to create an impact too! So, know that you have what it takes and being a woman, a mother, or a former bullied employee should not stand in your way!



WHY TEAMS SPORTS DON'T SUIT EVERY CHILD

Physical activity is non-negotiable when it comes to children's health. Team sports aren't for everyone but that doesn't mean your little one can't enjoy getting active.



Partaking in regular physical activity is a fundamental component of your child's health. Generally speaking, the easiest way for a child to stay physically active is to get involved in team sports. However, some children aren't as athletically-inclined as others, and so the very idea of a team sport can be daunting. This isn't necessarily the end of the road when it comes to your child getting physically active. First, we should try to understand what obstacles they face and then we can come up with ways to help our little ones overcome them.

STRUGGLING WITH TEAM SPORTS

There are multiple, understandable reasons that a child may not be interested in team sports. Regardless of our own feelings on the matter, we should check in with our little ones and take their concerns seriously. Let's take a look at the common reasons children choose to avoid team sports.

Pressure to perform

Stepping out onto the field of play and waiting for the whistle to signal the start of the game builds anticipation and excitement in some children. In others, it can feel intimidating and overwhelming. The game is about to begin, and everyone will be expecting them to play well and not make mistakes. This pressure is enough to make lots of children panic and lose focus, in turn meaning that they can't possibly perform as they're expected to. It can all feel like some sort of bad dream, where everything they feared happening, happens. Children don't have to simply grit their teeth and suffer these bad experiences, there is another route.

Over-competitiveness

Another aspect of team sports that unsettles children is the level of competitiveness. Even in very young age groups, there are extremely competitive children and parents! This isn't necessarily a bad thing - those kids are simply wired that way and might go on to achieve greatness as a result of their competitive spirit. However, it can lead to a rather uncomfortable environment for children who simply want to show up and have fun. Oftentimes, the fun stops when the competitiveness begins, and it can suck the joy out of sport for little ones. At this stage, the fun-loving, less competitive children usually check out and stop playing that sport, but that doesn't have to be the end of their physical activity or sporting journey.



Growth and development

A third aspect that can act as a roadblock to your child's enjoyment of team sports is the manner in which children develop. Kids all grow and develop at slightly different rates but there is little to no consideration for this in a team sports environment. As most teams are age-group based, your child may end up coming up against a child of the same age who is more developed physically or psychologically, meaning they will likely outperform them. The same applies to development of skills such as hand-eye coordination. The bottom line is that lots of children find themselves discouraged because they are facing off with kids who, although are the same age as them, have a series of advantages that result in an unlevel playing field.

TURNING IT AROUND

Whether it's running around, playing a ball game or anything else, movement is a natural aspect of every child's life. Once you understand some of your little one's potential issues with team sports, it's time to guide them towards finding a physical activity that they can enjoy.

Finding the right sport

Depending on your community and your child's school, there is probably a limited number of sports that they are exposed to. If none of these really appeal to your little one, it might be time to begin exploring other options. The fears stemming from team sports may not be present in other sports, such as cycling, running, swimming or tennis. These options are more individual, allowing your pride and joy to take part in the activity on their own terms

and at their own pace. Of course, there is plenty of scope for competition should they be interested, but there is also no problem with them simply enjoying going for a run or a cycle to keep fit.

Cheering them on

As your child is figuring this out, support them all the way. They might show an interest in a sport but struggle with some of the skills it requires. As far as possible, try to help them out. Together you can learn about each skill, how best to execute it and train together so that your little one gets the hang of it. There's no guarantee that your child will become interested in a sport that you deem to be interesting. In fact, they may end up choosing something that you haven't the slightest knowledge of. It's important to not let this put you off your role of primary supporter. Whatever sport or activity they choose, encourage them to give it their all, and spend time understanding what it's all about. If your child sees that you're invested in what they're trying to do, it will mean the world to them. After all, the goal here is to keep your little one active and having fun. Everything else is secondary.

PARTING WORDS

Perhaps your child won't fall in love with the first, second or third sport that they try. Don't be put off by this - demonstrate patience and help them to choose another. Eventually, something will engage them in such a way that you might struggle to get them to do anything else!

PARENTING



Our 'Pregnancy And Growing Your Family' event report; why object permanence is an important milestone and more!

EVENT REPORT: PREGNANCY AND GROWING YOUR FAMILY

The theme for the June free breakfast event for parents was 'Growing Your Family,' sponsored by Clearblue, and supported by Al Ain Farms and WaterWipes. Here's a quick rundown of what we discussed at the event!





DATE: Thursday 27th June 2024

VENUE: Stella di Mare Hotel, Dubai Marina

THEME: Growing Your Family

SPONSOR: Clearblue

PARTNERS: WaterWipes and Al Ain Farms

The breakfast event opened with a welcome address from Kay Marham, before introducing the first interview guest, Dr Christina Walch-Edwards, Consultant Obstetrician and Gynaecologist.

BALANCING MEDICAL AND EMOTIONAL NEEDS

SPEAKER: Dr Christina Walch-Edwards, Consultant Obstetrician and Gynaecologist at Mediclinic City Hospital and Mediclinic Creek Harbour

Dr Christina was warm, approachable and open with the ladies, and when asked how she balances the practicalities of the 'doctor-patient' relationship with the physical and emotional needs of

mothers, she emphasised the importance of communication.

At Mediclinic, Dr Christina's style of care is individually appropriate to the best needs and interests of each woman. She therefore advised the ladies to be honest and communicate their wants and needs with the doctors they come into contact with, also making the point that a good doctor will always ask the questions that help you to work together. Here are some of the questions they may ask:

- ✓ Have you thought about what kind of birth you would like to have?
- ✓ Are there any issues that are worrying you?
- ✓ Do you think you need any other information or support?
- ✓ How are you feeling?



feel shy or hesitant to ask your doctor or ObGyn any questions, and tell them what's on your mind - we very much work together with you and your input and helps us both to achieve this."

MAINTAINING YOUR WELLBEING AND CONFIDENCE AS A NEW PARENT

SPEAKER: Jana Krige, Nurse Manager, Fakeeh University Hospital

As a Nurse Manager, Jane is in contact with both the expectant parents right from the beginning, as well as the medical team, and plays a significant role in keeping all the arrangements organised.

At the event, Jane met expectant first-time parents and used her experience to talk at length about how both soon-to-be mothers and fathers typically feel during the pregnancy. She said that, depending on the couple, there are:

- ✓ Varying levels of stress and fear about the unknown
- ✓ Worries about whether they will have the knowledge to understand how to be good parents
- ✓ Concerns about being ill-equipped to know how to look after a new baby
- ✓ Worries about the huge changes to their life and how they will cope with this
- ✓ Thoughts and anxieties around the birth

The Fakeeh University Hospital (FUH) Nurse Manager talked about the value of antenatal classes in addressing these concerns. She explained that FUH provides free antenatal classes for expectant parents and emphasised the value of fathers coming to classes, in order to have more exposure to the pregnancy process, to gather more knowledge, to be around other fathers in the same situation and to build confidence in their own knowledge, self-trust and capabilities as a new father.

The FUH Life Parenthood antenatal classes are free for expectant mothers and fathers, and are an invaluable resource for helping to prepare for the



new baby. To find out more, visit www.FUH.care - and under the 'Facilities' tab, you'll find the link to the FUH Life Parenthood Program.

THE CHANGING FAMILY DYNAMIC WHEN A NEW BABY COMES HOME

SPEAKER: Lisa Sherrington-Boyd, (aka 'Principal Lisa' and 'The Potty Queen'), Founder of Happy Families

Lisa Sherrington-Boyd is affectionately known as both 'Principal Lisa' and 'The

Potty Queen' to many mothers in the UAE. Her extensive work with young children - particularly toddlers - within families have been a gift to thousands of parents in navigating the toddler stage.

As a childcare professional Lisa told our audience "I absolutely love toddlers!" and without a doubt, Lisa has a unique way of articulating the emotions, frustrations and perspectives of toddlers to their parents. Where a toddler might show frustration through behaviours, Principal Lisa explained that toddlers do not have the language skills or emotional development to articulate

how they feel or understand why their parents are spending so much time and attention on a new baby.

She revealed that toddlers are actually not very interested babies! Babies can't play with them or talk with them, and they often learn that they can get the attention of their parents via behaviours. Principal Lisa's advice was threefold.

Say good morning alone

Make sure that, as a mother, the first time you see and greet your toddler in the morning, you do not do so with the new baby in your arms. This gives your toddler the reassurance that your toddler has their own regular time with you to snuggle and be together.

Focus on the sibling bond

Make positive sibling associations between your toddler and the new baby. Create activities for them (such as setting up a colouring station) and tell them "your baby brother / sister wants you to have fun colouring today. Or, if you have something special for dinner, tell them: "baby wants you to enjoy your dinner with the family, as much as baby enjoys spending time with you."

Be positive about interactions

If your toddler handles the baby too roughly (for example, poking a finger into their tummy), rather than tell them not to do that, take their hand away from the baby's head and body, and move it towards the baby's feet, telling your toddler "baby loves it when you stroke her feet." Lisa says, gently move the hand towards the feet to keep the baby comfortable, while also guiding your toddler to make their touch gentle. This approach teaches them they are doing a nice thing - and helping toddlers to feel reassured with the new baby!

Principal Lisa is on hand to help all families and has a very special understanding of children - and communicates with them at their level wonderfully. If you have any issues with toddler behaviours, potty training, nanny training or other family issues for which you need help, you can contact Principal Lisa at www.thepottyqueen.me



FAMILY PLANNING: PREGNANCY AND OVULATION TESTING

**SPEAKER: Aurelie Mayolle,
Marketing Director at
MetroMed, for Clearblue**

Finding out whether or not you are pregnant is a very special, private, personal and close bonding moment for a couple. You'll share your reaction together and many couples will talk about it together and make plans. Because of moments like these, almost every woman has heard of Clearblue Pregnancy Test Kits!

Buy from the pharmacy

Our next guest speaker, Aurelie Mayolle, Marketing Director responsible for Clearblue, told our audience that something many women are not aware of is that you need to be careful where you buy your Clearblue Test Kit! In the first of many revelations about a product we all thought we knew, Aurelie informed us

that we should only buy Clearblue Test Kits from a pharmacy, and not order online. Why? She explained it is because, as the official distributor for Clearblue, her company maintains the Clearblue Pregnancy Test Kits at an optimum temperature - and the pharmacies that stock Clearblue also have temperature-controlled facilities, which online retailers may not.

Test in the morning

The second revelation involving pregnancy test kits was to do with following the instructions properly. For example, the test kit should be used in the morning, before drinking any liquids, in order to test a urine sample that has a higher concentration of testable hormones. This will give you a more accurate result.

Testing options

Were you aware that you can find out exactly how far along your pregnancy

is in multiple ways? Many of the audience were happy to discover that Clearblue - the runaway market leader in home pregnancy test kits - actually provides you with three different testing options:

- ✓ **Clearblue 1 Minute:** This test kit is generally used by women who have missed their period and want to know if they are pregnant. By using the test according to the instructions, you will know within 1-3 minutes whether the test shows you are pregnant, or not pregnant!
- ✓ **Clearblue How Many Weeks:** This is the only home pregnancy test kit that tells you whether you are either 1-2 weeks pregnant; 2-3 weeks pregnant; or 3+ weeks pregnant.
- ✓ **Clearblue 6 Days:** This product fulfils the needs of couples who want to know as soon as possible whether their baby-making has been successful! Clearblue 6 Days will tell you 6 days before your period is due whether or not you are pregnant.



All three Clearblue test kits will give you over 99% accurate information (from the day of your expected period) on whether you are pregnant, which is reassuring. It was wonderful for the audience to listen to an expert talk about home pregnancy test kits - something we thought we knew all about, only to find there is a lot more to understand when it comes to this aspect of family planning!

OVULATION HOME TEST KITS

If you are looking to get pregnant, it is important to know when you are ovulating. Aurelie explained to the audience that as many as 50% of couples may be trying to conceive at a suboptimal time of the month, when the opportunity to get pregnant is greatly reduced. Given that there are only a very few days of the month when a woman can conceive, the Clearblue Ovulation Test Kits will detect when a hormone called luteinising hormone (LH) increases, indicating that you are at your most fertile. The Clearblue Digital Ovulation Test is 99% accurate and can play a hugely valuable role in your family planning!

The breakfast morning ended, as usual, with our prize draw and goody bags from our Gifting Partners:

- ✓ **Al Ain Farms**, who gave away samples of their fresh Organic Laban and Organic Yogurts
- ✓ **WaterWipes**, the only baby wipes made from pure water, with just a drop of fruit extract, for mothers who insist on using only pure natural ingredients on their baby's skin.
- ✓ **Mediclinic**, who very kindly provided goody bags for all the ladies!

Keep an eye on the website and your email for details of our next event!



THE SIX PILLARS OF EFFECTIVE PARENTING

Here are some brilliantly simple but powerful concepts to help you on your journey of raising strong, happy and stable children.

Parenting is possibly the only job in the world that comes without any training or instructions. Not only that, it's also some of the most long term, nuanced and variable work you can undertake! No matter what kind of parent you are, there will be times when the challenge of raising children can get on top of you and you could do with some advice or help. However, a child who is courageous, authentic, confident, positive and resilient is the greatest reward - and much of that is down to your dedication and actions! Most mothers and fathers are always looking to expand their parenting toolkit, so that they become even better able to help their children become the best people they can be. Let's look at six excellent concepts to bear in mind.

TAKE CARE OF YOUR CHILD'S SELF-ESTEEM

Firstly, nothing makes us feel better about ourselves than feeling we are known, accepted and loved, and kids are no exception to this. Be sure to let your children consistently know that you will always love them unconditionally - it's absolutely fundamental to effective parenting.



Secondly, your words and actions also deeply affect their developing self-esteem, probably more than anything else. Children tend to see themselves through their parents' eyes, absorbing your image of their character and qualities as the absolute truth. It's so important to be mindful of your tone of voice, body language and the kind of statements you say about your little one in front of them - even if you don't mean it! Try to avoid making loaded statements or using words to harm. Sentences like "She can't organise herself" or "He's definitely not a mathematician" are subconsciously filed away by kids. Character statements such as "You act more like a toddler than your little sister" or "Why can't you just behave?" have more impact than we realise,

as children believe these throwaway comments fully, and they slowly erode little ones' self-image and self-esteem.

Making positive comments when your children do well, try hard, or accomplish something will grow their self-esteem, as praise means even more when it's positive words of affirmation from their parents!

PRAISE KIDS' EFFORTS

Children flourish when their efforts are recognised, not just their successes. Praising effort rather than outcome is a great way to set up a growth mindset, encouraging children to persist through any challenges that come their way, and to view failures as opportunities for learning instead.



Where you might say, “You’re so smart,” you could try, “I’m proud of how hard you worked on that project.” This approach teaches kids that dedication and hard work are always valued, regardless of outcome - which can motivate them to keep trying even when their tasks become difficult. It also helps little ones to develop resilience and perseverance, which are foundational skills for navigating life’s inevitable ups and downs.

SET CLEAR RULES

Children need boundaries to feel secure. Clear rules that are consistently enforced provide a stable framework within which kids can explore and grow. It’s important to communicate your expectations clearly and to follow through with appropriate consequences when rules are broken. This doesn’t mean being overly strict. It

actually means creating a predictable environment where children understand the consequences of their actions. Consistency is key here - if the rules change from day to day, it’s confusing for kids and testing boundaries can become the norm. When children know what to expect, they are more likely to respect the limits set for them.

EMPHASISE STRESS MANAGEMENT

Life is full of stressors, and children are not immune to this. Teaching them how to manage stress properly is a hugely impactful aspect of parenting. This can involve helping them develop healthy coping mechanisms such as deep breathing, mindfulness, physical activity and time management. It’s wise to encourage them to express their feelings and to understand that it’s okay to feel stressed sometimes. If you can model good stress management yourself, this will go very far in teaching them robust stress management skills - children learn a lot by watching how their parents handle stress. Showing that you can stay calm and deal with challenges in a positive way teaches them to do the same.

MAKE QUALITY TIME

In today’s fast-paced world, finding enough time to simply spend together can be challenging, but it’s also incredibly important. Quality time is essential for your relationship and also makes children feel valued and loved. This doesn’t necessarily mean spending large amounts of time

together; even small, intentional interactions can make a big difference. Activities like reading a book together, playing a game, or simply talking about their day to you as you cook dinner can have a significant impact. The valuable thing here is to be present and engaged, putting aside stresses and distractions such as work or your phone. These moments of connection may seem small but they create a lasting sense of security and belonging that makes for much more emotionally healthy children.

ACTIVELY LISTEN

Active listening is a powerful and underutilised tool in parenting. It involves fully showing up, understanding and responding thoughtfully to what your child is saying. This practice shows children that their thoughts and feelings are important and valued. To practise active listening, make eye contact, nod to show you are paying attention and reflect back what they are saying to show kids that you really are listening and absorbing. For example, if your child is upset about a conflict with a friend, you might say, “It sounds like you felt really hurt when your friend didn’t include you.” This validates their feelings and encourages them to express themselves more openly, building their trust and also their ability to communicate.

Parenting is sometimes a challenging journey, but by incorporating these six pillars, you’ll have even more effective tools at your disposal to guide your children in becoming the resilient, confident and happy individuals they can be.





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



The top ways to prevent your child from experiencing the ‘summer slide’ - a loss of academic skills and knowledge - over the holidays.





PREVENTING THE SUMMER SLIDE

The summer break can mean children's learning and development slows down, and even declines. We investigate the ways you can use this time to help your little one keep on growing!

Summer is a glorious time of year in the life of a child! The sun is shining brightly, there's an end to the schedules of term time and school uniforms are swapped for swimsuits. However, amid the beach trips, barbecues and endless ice cream, there's something significant that parents must keep an eye out for - the summer slide. This is the phenomenon where children lose some of the skills and knowledge they acquired during the school year, but the good news is that preventing the summer slide is easier than you might think. With a little planning, a dash of creativity and some enthusiasm, you can turn summer into a season of growth and fun for your little ones.

THE MAGIC OF READING

First and foremost, let's talk about reading. It's widely considered the best educational activity you can encourage your little one to do. Whether your child is a budding bookworm or a reluctant reader, there's a way to make reading enjoyable for everyone. Public libraries often have summer reading programmes that incentivise children with rewards for meeting their reading goals. It's good to let your child choose their books - whether it's comics, graphic novels or the latest fantasy series, it truly doesn't matter, as long as they're interested. The key is to make reading a pleasure, not a chore, and don't forget to read with them. A bedtime story or a family reading hour can be a wonderful way to bond, while keeping those literacy skills sharp - a double win!

A SUBTLE DOSE OF STEM

Science, Technology, Engineering and Maths (STEM) activities can also be a fantastic way to engage young minds. Summer offers countless opportunities for hands-on learning - whether you decide to attempt to build a rocket from a kit, create a volcano with baking soda and vinegar, or even go on a bug hunt in your garden, these problem-solving activities are not only educational, but also incredibly fun for kids. There are also numerous online resources and apps designed to make learning STEM subjects exciting and interactive, from coding games to virtual science experiments, the digital world is brimming with educational treasures waiting to be discovered by you and your children.



TURN ERRANDS INTO ADVENTURES

Who says errands have to be boring? With a bit of imagination, everyday tasks can become exciting learning adventures. Turn a trip to the grocery store into a maths lesson by having your child help with budgeting and comparing prices. A visit to the post office can spark a discussion about how mail travels around the world. Even a walk to the local park can become an impromptu science expedition as you identify different plants and insects. By transforming your everyday mundane activities into educational experiences,

you can keep your child's mind engaged and curious, preventing a slide in their academic skills in a way that feels natural and in-built.

PLAYFUL MATHS

Maths might not scream 'summer fun' to most children, but it can be woven seamlessly into everyday activities too. Cooking together can teach measurements and fractions, board games often involve counting and strategy, setting up a lemonade stand can introduce concepts of money, profit and loss. The trick is to



integrate maths into real-life scenarios where it feels relevant and exciting, rather than a dry classroom exercise.

EMBRACE THE ARTS

Often left aside, the arts are just as important in combating the summer slide. It's great to encourage your child to draw, paint, sculpt or craft in some way. Art fosters creativity, improves fine motor skills and even helps with problem-solving. If you're feeling brave, you can also introduce little ones to the world of music, by learning an instrument or exploring different

genres and artists together. Theatre and dance can also be marvellous outlets for self-expression and creativity and local community centres or camps often offer summer events or classes to help kids dip their toes into this exciting artistic realm. These activities help keep the creative juices flowing and, you never know, may even uncover hidden talents and passions in your little one.

FUN OUTINGS

Learning doesn't have to be confined to books and structured activities. Educational outings are a wonderfully rich way to provide children with a wealth of knowledge and inspiration. Visits to museums, zoos, historical sites and science centres can make learning come alive and feel like a real treat. Many of these venues offer interactive exhibits and hands-on activities that are both educational and entertaining for kids. Even a day out in nature, like a hike or a visit to a national park, can turn into a biology lesson about local flora and fauna, all while feeling like a memorable summer excursion, far from the humdrum routine of school.

ONLINE LEARNING

In this digital age, educational apps and websites are invaluable tools. Platforms like Khan Academy and BBC Bitesize, among others, offer engaging and interactive lessons across a range of subjects. Many of these resources are free and can be accessed at any time, making them perfect for keeping children's brain cells buzzing during the holidays.

DISCOVERING NEW HOBBIES

Summer break is the perfect time for children to explore new hobbies that they might not have time for during the school year. Encouraging your child to try something new, whether it's gardening, cooking, photography or even bird watching, can ignite a lifelong passion. These hobbies not only provide a break from screen time but also teach the patience, concentration and persistence needed to succeed in a classroom or exam setting. For example, gardening can be a

fantastic way for children to learn about biology and responsibility as they care for plants. Cooking can teach them about measurements and following instructions, while also introducing them to different cultures through food. These activities can be both educational and relaxing, offering a balanced approach to summer learning and fun. By discovering and exploring new interests, children can develop a well-rounded set of skills and knowledge that will benefit them not only in school, but throughout their lives.

SOCIAL LEARNING

Lastly, don't underestimate the power of social connections. Summer is a great time for children to develop social skills that are just as important as academic ones. Encourage playdates, group activities, camps and team sports. Social interaction can enhance communication skills and cooperation. Plus, it's a lot of fun!

A second side to learning social skills are the ones children develop in your company. Summer is a brilliant time to engage your children in meaningful conversations, where you discuss their interests, thoughts and feelings. Try to ask open-ended questions that prompt them to think critically and articulate their ideas. It sounds simple, but conversations like these not only strengthen your bond together, they also help in developing kids' language and reasoning skills.

A BALANCED APPROACH

While it's definitely important to prevent the summer slide, it's equally essential that summer remains relaxing and enjoyable. Striking a balance is key, so it's best to incorporate learning into your daily family routines without making it feel like a burden or a big deal. Be positive about your child's achievements and efforts, and most importantly, remember to have fun together.

So worry no more about your child's development and learning slowing down through the summer months. With just a bit of planning and creativity, these tips will help you make sure your children are ready to hit the ground running when that school bell rings again, sharper than ever!

SCHOOL & FAMILY BREAKS



This month, we
consider eight diverse
holiday destinations
for you and your
family to enjoy!

EIGHT CAPTIVATING DESTINATIONS TO EXPLORE THIS SUMMER

*Embark on a journey of discovery this summer
with eight enchanting destinations at home
and abroad that promise unforgettable family
experiences.*

Whether you choose the bustling cityscapes of Dubai, the tranquil beaches of the Maldives, or the cultural wonders of Vienna, these summer getaways offer a variety of experiences to suit every family's preference.

MILLENNIUM PLAZA DOWNTOWN HOTEL, VDUBAI, UAE

Millennium Hotels and Resorts invites families to experience the ultimate retreat with its Hala Summer campaign. Prioritise family time and create unforgettable summer memories with 50% off a second room when you book a stay between now and 15th October 2024.



The Millennium Plaza Downtown Hotel, an iconic five-star landmark on Sheikh Zayed Road, overlooks the Museum of the Future and is centrally located, making it ideal for both a couple's break, and a family getaway. You can enjoy a range of rooms and suites designed with indulgence and comfort in mind. When it's time to relax, you'll be able to cool off in the outdoor pool or meet friends in one of the hotel's diverse bars. Award-winning themed restaurants, such as Harvesters English Restaurant and Pub and Al Fresco with its authentic Italian dishes, provide delightful dining experiences for the whole family to enjoy.

For booking, visit www.millenniumhotels.com/en/offers/middle-east/hala-summer-book-with-kids-save-more/ and use the promo code: BWKSM.

HAMPTON BY HILTON MARJAN ISLAND, RAS AL KHAIMAH, UAE

Escape the summer heat and immerse yourself in an unforgettable adventure at the award-winning Hampton by Hilton Marjan Island, recently crowned with the prestigious World Travel Awards. Enjoy an unbeatable summer offer starting at AED 250 per night, with thrilling activities like jet skiing, kayaking, beach volleyball and sea water polo, ensuring every moment brims with excitement. Unwind at the H2O Beach Beverage Truck, and let the kids explore The Hub Kids Club, while teens can enjoy their own dedicated space.

After a day of adventures, retreat to your spacious, family-friendly room, with complimentary hot breakfast and free Wi-Fi. When it comes to food, your family will be able to enjoy diverse dining options, from CLAW BBQ, where you can watch the latest sports while savouring delicious grills and seafood, to Karma Kafé by Buddha-Bar, offering an exotic Pan-Asian experience and a 20% discount for all guests. So, book your sensational family escape at Hampton by Hilton Marjan Island today and elevate your summer to new heights!

Call +971 7 209 0000 to make a reservation or visit www.marjanisland.hamptonbyhilton.com for more details.



SO/ MALDIVES

Nestled in the Emboodhoo Lagoon, SO/ Maldives, the avant-garde island resort, extends a warm invitation to all GCC travellers, for an unforgettable summer escapade. With luxurious beachfront and overwater villas, SO/ Maldives offers contemporary design, exceptional amenities and genuinely captivating experiences. The resort presents tailored activities for all ages, from The Zone's game room, to thrilling non-motorised water sports adventures, ensuring a memorable holiday experience for all members of your household.



Enhancing the allure of a family getaway, SO/ Maldives has unveiled 'The Ultimate Family Escape' offer, tailored especially for GCC parents and children. With a minimum four-night stay, guests enjoy complimentary return speedboat transfers, kids can eat free of charge, and the family will get a choice between coral garden snorkelling or a thrilling dolphin excursion, promising unforgettable moments that you'll take home and treasure.

For more information or to book The Ultimate Family Escape, visit <https://so-hotels.com/en/offers/the-ultimate-family-escape/>

SCHOOL & FAMILY BREAKS



HERITANCE AARAH MALDIVES

Nestled in the pristine Raa Atoll, a scenic 40-minute seaplane ride from Male, the Ocean Suites wing at Heritance Aarah Maldives offers an elevated experience exclusively for adults. Each of the 25 duplexes features a private lap pool, a lavish sitting area and panoramic ocean views. With an overwater wading pool, an exclusive restaurant, bar and pool bar, the wing ensures privacy and serenity amidst breathtaking vistas. Perfect for honeymooners or just couples looking for quality time without their children in tow, the Ocean Suites provide personalised services, dedicated butler assistance and a variety of water sports, including floating breakfasts surrounded by the serene beauty of the Indian Ocean.

Heritance Aarah's Premium All-Inclusive experience includes a remarkable array of dining options, from exclusive pod dining to world-class buffets curated by award-winning chefs. Guests can savour Maldivian and Sri Lankan cuisine at Ambula, vibrant food cultures at Haatha and ocean-fresh seafood at Ginifathi. The offering also includes truly superior amenities, exclusive beverage tastings and exciting complimentary excursions, giving you all you need to tailor-make an exquisite summer vacation.

To discover more about the extraordinary offerings of Heritance Aarah, visit, <https://www.heritancehotels.com/aarah/accommodation/overwater-ocean-suites.html>

THE OTHER HOUSE SOUTH KENSINGTON, LONDON, UK

London's first 'Residents Club', The Other House South Kensington is an innovative hospitality concept, offering all its residents a blend of apartment-style living, hotel services and complimentary access to

an exclusive private members club - as well as an extensive menu of wellbeing facilities and experiences.

For couples and families in the region seeking a unique experience, The Other House South Kensington offers a range of features designed to cater to their discerning needs. The apartment-style accommodation, each with its own sitting room, kitchenette, bedroom and shower room, are known as 'Club Flats'. These provide spacious, private and flexible accommodation options, ideal for parents with children, groups of friends or couples. Guests who are looking at a longer stay in London can take advantage of The Other House South Kensington's newly introduced Summer Early Bird promotion, offering savings of up to 20% when booking 45 days or more in advance, for stays seven days or longer.

Learn more about The Other House at www.otherhouse.com.



THE BILTMORE HOTEL TBILISI, GEORGIA

The Biltmore Hotel Tbilisi invites families to experience the ultimate retreat with its Hala Summer campaign. Families can enjoy 50% off the best available rate on their second room, giving you even more space to enjoy making memories, when you book a stay between now and 15th October 2024.



The first glass skyscraper in Georgia and the highest hotel in the Caucasus region, this hotel offers astonishing views and easy access to the cultural and historical district of Georgia's capital city. The property is the only address for glamorous lifestyles, with distinct venues, a sensational spa and a one-of-a-kind entertainment arena.

For booking, visit <https://www.millenniumhotels.com/en/offers/middle-east/hala-summer-book-with-kids-save-more/and-use> Promo Code: BWKSM

VIENNA, AUSTRIA

If you want to surround yourself with culture and nature this summer, visit one of the greenest cities in the world, right in the heart of Europe. Just a short flight from the GCC, Vienna is the perfect destination for those seeking a vibrant European city escape.



The Amauris Vienna, a luxury boutique hotel on the Ringstrasse, is the perfect place for families to stay. Located just a short walk from the State Opera and the Musikverein, The Amauris Vienna offers families both comfort and convenience in a prime location. A highlight of any stay at The Amauris Vienna is dining at the Glasswing Restaurant, where Austrian culinary heritage meets Executive Chef Alexandru Simon's creative inspiration.

A must visit while in the city is the newly opened Prater Museum, dedicated to the rich history of the Vienna Prater amusement park, home to the iconic Giant Ferris Wheel. With a 250-year history, the museum showcases an array of fascinating artefacts, from early slot machines to intricate models and historical photos. A unique and rich city break for families who want a dose of European culture this season.

For more information, visit <http://www.b2b.vienna.info/>

COSTA NAVARINO, GREECE

Step into unspoiled beauty this summer in Costa Navarino, the sustainably driven destination, located in Messinia, southwest Peloponnese, Greece. Developed with the modern traveller in mind, there are four 5-star hotels, luxury private residences, four signature golf courses, over 40 dining venues and a multitude of authentic experiences, and leisure and sports facilities. Costa Navarino is a year-round destination to relax as a family, as a couple or even as a solo traveller.



In this idyllic setting, couples and groups can choose from Greece's first ever W hotel, W Costa Navarino, exclusively for adults and young adults aged 12 and up, offering swim-up rooms, private pool suites and stunning villas, or the ultra-luxurious Mandarin Oriental, Costa Navarino, which has introduced two new villa types this season - the five-bedroom Royal Villa and a new three-bedroom Villa - perfect for larger groups.

The Westin Resort Costa Navarino caters to families, with a plethora of amenities for creating cherished memories together, as well as activities and summer camps to keep kids happily entertained. Meanwhile, The Romanos, a Luxury Collection Resort, is set amidst lush olive groves with unobstructed views of the Ionian Sea and features two Royal Villas over 600 m², featuring new, personalised experiences, curated to address each guest's specific needs for a truly luxurious holiday experience.

For more information on Costa Navarino, visit: www.costanavarino.com.

HOME & GARDEN



The ingredients for a perfect playroom; easy eco-friendly switches you can make at home and more!



REFRESHING YOUR WALLS FOR SUMMER

The 2024 'Canvas' colour collection by Jotun Paints aims to bring the summer indoors with a diverse variety of seasonal hues that promise to bring new life into your space.

To bring the summer indoors, the 'Canvas' colour collection for this year by Jotun Paints unveils a stunning range of interior colours crafted to infuse warmth and light into every room. Being carefully selected, these colours can be matched to the entire spectrum of the season, from the gentle luminescence of dawn to the intense, vivid hues of a summer sunset. This collection is ideal for enhancing any family home, as the hues are designed to create spaces that feel relaxing, beautiful and rejuvenating.

The colours from the 2024 collection can be painted using Jotun's Fenomastic Wonderwall Lux, a premium interior matte paint enhanced with advanced easy-clean technology - perfect for the imperfect nature of living with children! So, let's dive into our favourite shades from the array of lively colours they have to offer.

TRUE BLUE

This bold and beautiful blue adds a touch of elegance to any space. It could be the ideal shade for a striking focal point in your room or even a statement feature wall. It harmonises perfectly with cool greys, whites, golden brown, mint and yellow, allowing for a variety of aesthetic pairings that you can tailor to your own taste and the existing colour scheme of your room. To enhance its visual appeal, we would consider adding accessories in bright, chalky, or marble textures as a lovely counterpoint.

Jotun Colour Code: 4947



CLASSIC WHITE

An elegant and cool-toned colour that embodies purity, goodness and innocence, white has, and always will have, a permanent place as a foundational colour in the arena of home decorating - and for good reason! This particular subtle shade offers a tranquil atmosphere and conveys a flawless, quiet luxury essence that can be used in almost any type of room. Jotun's Classic White complements wooden finishes beautifully and can be strikingly contrasted with bold, colourful statement furniture pieces for a dynamic, modern look.

Jotun Colour Code: 9918

ROCK SUGAR

Rock Sugar is a contemporary golden-brown shade that stands out from your typical browns. Its warm and inviting hue instantly enriches a



subdued neutral palette with a dash of extra elegance. It pairs beautifully with golden beige and soft yellow for a natural look and offers a modern contrast when matched with the striking cobalt blue tones.

Jotun Colour Code: 1632

MUTED CORAL

A sophisticated coral red, this colour elevates golden neutrals and stands out as a brilliant accent alongside a range of popular neutrals. It pairs seamlessly with white, beige, grey, peach and yellow tones and is a very popular colour for 2024. For a polished and natural look for summer, consider combining it with marble accents and understated decor.

Jotun Colour Code: 20217





DESIGNING THE PERFECT PLAYROOM

We investigate eight handy ideas that will help you to create a playroom that brings out the best in your child and is easy to keep tidy.

Creating the right playroom for your child is a common challenge among parents but, with the right tips, it can turn into a really delightful and satisfying space that works for your children and for you. A well-designed playroom can be a sanctuary that little ones will love retreating to, filled with fun and personality. Here's how to craft an enchanting play space that your child will love and you'll be proud of.

PRIORITISE SAFETY AND COMFORT

First things first, before diving into colours and toys, it's hugely important to make the room safe and comfortable. Start with child-friendly furniture - rounded edges, sturdy shelves and non-toxic materials. Soft flooring, like cushioned mats or plush carpets, not only adds comfort but also protects against any serious falls. Check for any sharp corners or loose wires and be sure to childproof them. A safe playroom gives you peace of mind and allows your child to explore freely.



PLAY WITH COLOUR

Children thrive in environments that stimulate their senses. Bright, cheerful colours can make their playroom a lively space that feels inviting. Most kids look for a mix of primary colours like red, blue, and yellow, perhaps balanced with soft pastels. You could also consider an accent wall with a mural or decals featuring your child's favourite themes - dinosaurs, outer space or a whimsical forest - take your pick!

DESIGN WITH TIDINESS IN MIND

Ultimately, a playroom should be a mix of fun and function. That's why it's smart to invest in storage solutions that make tidying up a breeze, because, as parents know well, children can be messy! Shelving units with labelled bins or baskets can help you and your little ones keep toys organised and accessible. Multi-functional furniture, like a table that doubles as a storage chest or a sofa bed, can also save space and add some versatility, while low-level storage is fantastic as it encourages children to put away their toys independently.

THE IMPACT OF ZONES

A good principle of design to incorporate here is to divide the playroom into distinct areas for different activities. A reading nook with a cosy chair and a small bookshelf can really help to encourage a love for books. A craft corner with a nice, sturdy table, art supplies and a washable floor mat can normalise creativity. A play area with ample floor space for building blocks or a train set is the perfect setting to bring about some imaginative play. These zones can truly make a difference to the habits that children form and the activities they become accustomed to, making it well worth thinking about as a parent. To decide what to focus on, ask yourself what kind of hobbies would you like to foster in your kids? What activities help your little ones relax, or stay entertained for long periods of time? Do you need to plan different zones that appeal to the multiple personalities and dispositions you may have in your brood? The answers to these should give you a good starting point and help you discern what will work best for your children's needs.

IMAGINATION AND CREATIVITY

Children are inherently imaginative and creative beings, but it's no harm to try and fill their playroom with items that spark and enhance



these qualities. Chalkboard walls or easels can be a canvas for budding artists. Dress-up clothes, puppets and a small stage can turn your child into a storyteller or a showman. Lego sets can encourage kids to dream up creations and make them come to life! Additionally, rotating toys periodically can keep the playroom exciting and fresh, preventing any boredom and helping children explore new interests.

PLAYING TO LEARN

A playroom is a wonderful way to sneakily blend play with learning, in a way that feels completely natural to your child. This can be done by including educational toys and materials, like puzzles, building sets and even interactive games. If you think back to your own childhood, items such as a globe, a wall map or an alphabet chart were brilliant for subtly introducing educational concepts, progressing our cognitive development without feeling forced - and children today are no different!

LET THEIR PERSONALITY SHINE

Like any room in your home, it's much nicer to spend time in a space that feels personalised! So, make the playroom uniquely your child's. This could mean displaying their artwork in frames or on a pinboard, incorporating their favourite characters or hobbies into the decor or even simple things such as a family photo or a sign with children's names on it. Personal touches can make the playroom feel like a special retreat designed just for them, boosting their sense of ownership and pride.

KEEP IT FLEXIBLE

Little ones' interests evolve quickly, so it's wise to design the playroom with flexibility in mind. Choose modular furniture that can adapt to different uses and try to pick storage solutions that can accommodate different types of toys as kids mature. A flexible playroom can grow with your child, remaining a favourite spot and a little sanctuary through the various stages of their development.

Creating the perfect playroom is all about balancing fun, safety and practicality. With a bit of planning and a lot of imagination, you can create a magical space where your child can play and learn to their heart's content. Happy decorating!

EASY, ECO-FRIENDLY HOME UPGRADES FOR FAMILIES

We investigate eight handy ideas that will help you to create a playroom that brings out the best in your child and is easy to keep tidy.



These days, many of us want to live more sustainably as our awareness of protecting the planet grows. Incorporating eco-friendly home upgrades may seem like a big step, but it's actually an excellent way for families in the UAE to contribute positively to the environment, while also making their living spaces better - a win-win! Sustainable living doesn't have to be complicated or expensive; with a few thoughtful changes, you can make your home greener and more efficient. Here are some practical and stylish eco-friendly upgrades that families can easily adopt.

SMALL CHANGES, BIG RESULTS

Switching to energy-efficient appliances is one of the most impactful switches you can make in your home. Modern appliances with high energy ratings consume less power, reducing your household's carbon footprint and lowering your energy bills, so it's good for your purse and the planet too! Look for five star ESMA Energy





Efficiency Label certifications when purchasing new appliances, as these meet rigorous energy efficiency standards and will bring you the best results.

Upgrading to a smart thermostat can also make a significant difference. These devices learn your family's routine and adjust the temperature accordingly, meaning your home is comfortable while also minimising your energy use. Given the UAE's hot climate, a smart thermostat can help manage cooling costs more effectively by cooling your home only when needed.

BUILDING WITH CONSCIENCE

When renovating or building, it's better to opt for sustainable materials. Bamboo is an excellent choice for flooring and furniture due to its rapid growth and durability. Reclaimed wood and recycled metal can also make for interesting options, adding a unique, rustic charm to your home while being much kinder to the environment.

Insulation is another critical area where sustainable materials could be used. It might be good to consider cellulose insulation, made from recycled paper, or sheep's wool insulation, which is both effective and biodegradable. These materials help maintain your home's temperature equilibrium, reducing the need for air conditioning and heating overall.

EVERY DROP COUNTS

Conserving water is important for all of us on planet Earth, but it's especially important in the UAE. Installing low-flow faucets, showerheads and toilets can significantly reduce your family's water usage, without compromising on performance. These fixtures are designed to use less water by incorporating air into the water stream or by using high-efficiency flushing mechanisms.

MAKE THE SWITCH

Harnessing renewable energy is an effective way to reduce reliance on fossil fuels. Solar panels are a particularly good option in the UAE, given the abundance of sunlight throughout the year. By generating your own electricity, you can significantly cut down on energy costs and reduce your carbon footprint.

If solar panels are not feasible, perhaps consider a solar water heater. These systems use the sun's energy to heat water for your home, offering a sustainable alternative to traditional water heaters. Additionally, the UAE government offers incentives and support for renewable energy initiatives, making it easier for families to make the switch.

THINK OF THE EARTH

Eco-friendly upgrades are not limited to the interior of your home; your garden can also contribute to sustainable living. Xeriscaping, or designing a landscape that requires minimal water, is an excellent way to conserve water. To do this, all you need to do is to choose native plants that are adapted to the UAE's arid climate and require less maintenance and water.

Composting is another green practice that can reduce waste and enhance your garden's health. By composting kitchen scraps and yard waste, you create nutrient-rich soil that can improve plant growth. Setting up a compost bin is easy and can even make for a fun family activity!

SAY NO TO TOXIC PAINT

Traditional paints and finishes often contain volatile organic compounds (VOCs) that can be harmful to both your health and the environment. When picking up paint, always try to go for low-VOC or zero-VOC paints and finishes when redecorating your home. These products emit far fewer toxic fumes, improving the indoor air quality and making your home safer for babies, children and pets.

Adopting eco-friendly home upgrades can be a straightforward and rewarding way for families in the UAE to embrace sustainable living. As you can see, sustainable living is within reach for everyone, and with these easy upgrades, you can start making a difference today. There are numerous ways to start making your home greener and by choosing these changes, not only do you reduce your environmental impact, but you also create a healthier, more efficient home for your family.

Making these changes doesn't have to be daunting. Start small, with one or two upgrades, and gradually incorporate more as you go along. Remember, every little bit helps, and collectively, we can make a significant impact on our planet. Happy sustainable living!



GOOD LIVING



The Editor's favourite
beauty products this
month; some cool
competitions and more!



The image shows two circular artworks created with vibrant, multi-colored paint splatters and brushstrokes on a light-colored wooden surface. The top circle is larger and more complex, featuring a mix of pink, purple, blue, green, and yellow. The bottom circle is smaller and simpler, with similar color splatters. The background is a close-up of the wood grain.

HOW YOUNG ARTISTS IN DUBAI CAN MERGE CREATIVITY AND COMPASSION

Suhana Jethwani, an entrepreneurial young local artist and student at Dubai College, began selling her artwork on Artpreneur with great success. She discusses bringing compassion and creativity together as a younger creative.

Dubai's vibrant art scene is increasingly being shaped by the creative talent and social consciousness of its artists. From dedicated spaces like Alserkal Avenue, to year-round events and exhibitions, young artists in the Emirate are empowered and championed to share their creations with all.

By merging their skills with a deep sense of compassion, this new generation of artists are redefining the boundaries of art. Young creatives are proving that art can be more than just a medium for personal expression - it can be a catalyst for compassion and positive impact. Below, I explore five inspiring ways through which artists can blend their talents with compassion to create a powerful piece of art.

CREATE ART WITH A PURPOSE

When artists know the message that they want to share, their art becomes more meaningful. This could be something personal, like how they deal with loss, or adjust to unfamiliar environments such as a new school or city, or even handle the ups and downs of friendships. It could also be about bigger issues that affect them in the world, like climate change, animal rights or gender inequality. Artists can use their art for personal storytelling and connecting with others on a deeper level.

Art offers an outlet to explore emotions, thoughts and ideas in a way that words often cannot. It may help process emotions and channel energy, for both the creator and the audience. For example, an artist who has lost someone important might create art that helps others understand and deal with grief. Creating art with a message lets artists express themselves in a powerful way. By sharing their thoughts and feelings through art, these artists can stimulate thoughts and conversations that offer different perspectives and perhaps inspire new ways of positive thinking.

COLLABORATE WITH NGOS

Once artists have figured out their key message or cause, they can begin reaching out to local NGOs or brands that share their values and messaging. These collaborations offer artists an opportunity to showcase their work to an audience that is already aligned with their cause, further increasing their impact and reach. From the brands point of view, partnering with young artists can bring a fresh perspective and help them connect with a new audience.

For example, collaborating with a charity focused on environmental conservation or animal welfare can provide artists with access to data and information that might enhance their work and make it more impactful. Similarly, partnering with a well-



known brand can help artists gain visibility and reach audiences that they may not have been able to reach otherwise, potentially opening up new opportunities for their artistic career.

DONATE THROUGH ART

For Gen Z artists balancing a busy academic life and making a difference, this doesn't always have to mean massive commitments of time and resources. Sometimes, even small actions can have a big impact. On a personal note, the proceeds from each sale of my artwork go towards supporting animal welfare, a cause that is very close to my heart. This allows artists to use their talents for personal expression and contribute towards the greater good. It also offers a great alternative for younger artists in school with busy schedules or limited time to contribute to causes they believe in without feeling overwhelmed.

DON'T FORGET ABOUT SOCIAL MEDIA

As digital natives, social media is a powerful tool that artists can leverage to share their art and amplify their message globally. Digital art can be shared and viewed by people in all corners of the world, unlike traditional art galleries or exhibitions, which are limited by geographic location and high costs. We are no longer restricted by the art infrastructure of the city we live in; we can connect with a diverse audience that shares our passion and values.

As a Gen Z artist myself, using social media to sell my artwork globally, I have seen firsthand how social media can play a huge role in reaching wider audiences, as well as the ease of selling my artwork to those who are interested from around the world.

EDUCATE AND INSPIRE USING ART

Whether it's creating illustrations, animations or graphic designs, digital art can be a powerful tool for raising awareness and inspiring change. Recently, we have seen how infographics and digestible Instagram carousel posts have gone viral during climate change protests and rallies. These visual representations help people learn and educate themselves on current issues as well as inspire them to take action.

By sharing art on platforms like Instagram, TikTok and Twitter, artists can engage with their audience, spark meaningful conversations, be a voice for important issues and make a positive impact on the world around them.

As we explore these five approaches, it becomes clear that young artists in Dubai are not only contributing to the city's cultural richness but also driving meaningful change. The modern role of artists extends beyond creating beautiful pieces; they are storytellers, using their work to reflect emotion, real-life issues and everyday feelings, encouraging viewers to resonate, engage and respond in meaningful ways.



My favourite products this month for a touch of artisanal luxury and glowing skin!

GLOWY SUMMER SKIN WITH CHARLOTTE TILBURY



Every woman wants glowing, dewy skin, but I find that with the hotter weather, I need to switch up my usual foundation to something lighter and buildable, with light-reflecting coverage. And now I've found an easy-to-use product that gives me that unreal glow!

Charlotte Tilbury's Unreal Skin Glow Tint Hydrating Foundation Stick is 'a ring light effect' in a hydrating foundation stick! It's the ultimate complexion product because it gives a blurring, smoothing, sheer-to-light, buildable coverage. Not only this, but it gently catches the light, acting like a highlighter to give me a snatched and sculpted effect.

Because Tilbury's Unreal Skin Glow comes in a stick and is brilliantly moisturising, it makes it easy and convenient to touch up and build coverage, but without any heaviness or cakiness. There are a ton of shades available to suit every complexion and the good news is that it contains skin-nourishing ingredients.

Plant-powered collageneer

This helps to improve the look and feel of skin's firmness, bounce and elasticity, while lifting the appearance of facial contours and defining the look of the jawline for a snatched finish.

Multi-molecular weight hyaluronic acid

The larger molecules form a hydrating layer on the skin's surface to help prevent moisture loss. The medium molecules nourish and help bind water, giving the skin a smooth appearance. The smaller molecules are able to penetrate deeper into the skin to leave the skin looking plumper and reduce the appearance of wrinkles.

Daikon Radish Seed Oil

Rich in vitamin E and essential fatty acids, this lightweight, easily-absorbed oil is known to hydrate skin and reduce the appearance of wrinkles.

If you are looking for a beautiful, ultra-natural, soft and light summer glow, check out Charlotte Tilbury's new unreal skin glow tint!

ARTISAN SOAPS WITH PALESTINIAN OLIVE OIL BY NABTIH

Nabtih, the innovative sustainable initiative by Cypher Urban Roastery, proudly introduces its luxurious handcrafted soaps, made with unique blends of premium ingredients sourced directly from Palestinian artisans.

Olive Oil & Cold Brew Soap

Crafted with meticulous care, the Olive Oil & Cold Brew Soap combines the richness of extra virgin Palestinian olive oil with the refreshing essence of cold brew coffee. This distinctive fusion not only cleanses but also deeply moisturises your skin, harnessing the anti-aging properties of olive oil and the invigorating benefits of coffee. Designed to elevate daily skincare routines, this soap offers a subtle, revitalising aroma.

Olive Oil, Cardamom & Rose Soap

Nabtih's range also includes the Olive Oil, Cardamom & Rose Soap. Infused with aromatic cardamom and delicate rose, alongside Palestinian extra virgin olive oil, this soap feels richly indulgent. Each bar is expertly handcrafted to provide a creamy, nourishing lather that cleanses thoroughly while leaving the skin silky smooth. The combination of olive oil's moisturising capabilities, cardamom's exotic spice and rose's soothing properties creates an enchanting sensorial journey that rejuvenates both your body and mind.

For more information, visit www.bycypher.com.



COMPETITIONS

motherbabychild.com/competitions

WIN! 2X WEEK PASSES AT THE GLITCH SUMMER CAMP, WORTH AED 299!

GLITCH, the ultimate indoor family entertainment centre at Al Ghurair Centre, is thrilled to announce the launch of its first summer camp. Running from 8 July until 29 August, the camp's seven-week action-packed schedule welcomes children aged 4-12 to enjoy more than 30 thrilling attractions and an exciting range of arts, crafts and other activities. Designed to keep kids active and engaged during Dubai's hottest months, GLITCH's inaugural summer camp promises to create lasting memories for little ones!

Operating from 8.30am until 2pm, and with prices starting as low as AED 99 per day or AED 299 for a week pass, the camp is one of the most budget-friendly options



available in the city. Families can receive a greater discount, by enrolling their first child at the regular weekly price and their second at just AED 199 for the entire week.

Two lucky winners can avail of one week's access to the camp to try out all the exciting rides, arts and other cool activities!

WIN! A VOUCHER TO KICKSTART YOUR HEALTH AND WELLNESS JOURNEY AT MORFOLOGIE, WORTH AED 1000!



Morfologie, a health and wellness clinic in the heart of Jumeirah Garden City, located just minutes away from City Walk, provides affordable holistic transformations that are non-invasive,

needle-free, all-natural and proven to be effective. Morfologie is about cultivating self-love in its most genuine sense, offering customised services for clients to address a range of concerns, from chronic pain to body and face sculpting, or even simply for those who want to prioritise their health. With an experienced team of DHA-licensed physiotherapists with more than 15+ years of experience, they will recommend treatments that will benefit your mind and body - all of which are carried out in a serene ambience that evokes a sense of calm and relaxation, melting away the worries of the outside world while you provide your body and mind with some TLC... So, enter and be in with a chance to win a voucher worth AED 1000 for this amazing clinic!

WIN! BIG TODAY WITH BABYEATS AND ENJOY A VOUCHER WORTH AED 500!

No time to prepare dinner tonight? BabyEats is revolutionising mealtime for babies and children aged 6 months to 5 years, with their healthy, fresh and organic meal plans. Available on popular delivery platforms like Deliveroo, Talabat and Noon Food, delivering daily across the UAE, BabyEats ensures that your child receives the perfect blend of nutrition tailored to their developmental stage. Each meal plan is designed to provide the right textures and ingredients essential for your child's growth. Dedicated to supporting parents in the UAE, BabyEats will provide a lucky winner with a voucher worth AED 500 towards one of their delicious meal plans.

So, let BabyEats be your partner in nourishing your child's future, and visit BabyEats at Times Square Center today! Enjoy a unique dining experience where kids can play in a designated play area while the whole family indulges in delicious, healthy meals. It's the perfect spot for quality family time!



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

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