

ISSUE 158 | AUGUST 2024 | DHS15

Mother Baby & Child

PREPARING FOR
THE NEW SCHOOL YEAR

TEACHING KIDS
ABOUT MONEY

EMBRACING YOUR
MIDLIFE JOURNEY

BODY IMAGE
IN CHILDREN

KEEPING CLASSROOM
GERMS AT BAY

**MANAGING THE
CHALLENGES OF
TODDLERHOOD!**



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EDITOR'S LETTER

Hello Mum!

This is the last month of the summer holidays before school starts, so if you're thinking about booking a holiday or a short break that really counts, check out page 39 to read up on a wonderful staycation option for families and page 40 for a tropical African escape you'll never forget!



For many kids, the anticipation of going back to school brings out plenty of anxiety and then there are other children who can't wait to get back into the classroom! August is the month to prepare your kids to start the new term as ready and as worry-free as possible. On page 35, we have a great article on setting your child up for a successful return - how to tweak sleeping schedules and what to focus on in the weeks running up to the new school year. I hope you find some useful pointers that help give you and your children some peace of mind!

Our cover story is about the challenge of parenting through the toddler years, delving into little ones' development and frustrations during this tricky time. This stage has a tough reputation among parents, but you'll find some handy pieces of wisdom that should help make things easier to manage! Filled with insights about the journey of toddlerhood and the techniques that can help you make it as smooth as possible, the article prepares parents for the practicalities, as well as the emotional aspects of this special phase in your child's life! Read all about it on page 28 of this issue.

Elsewhere, we've included a piece looking at how best to teach children about money (page 25) to help them develop their financial literacy - at every age. On page 36, you'll find a fascinating exploration of the power of visual learning, a way of engaging with schoolwork and new information that can hugely boost students' academic success! I'd love you to also check out two Wellbeing articles this month, delving into the sensitive topics of nurturing a positive body image in kids and embracing your midlife journey as a parent - without the so-called 'crisis'. You'll find them on pages 13 and 14 respectively.

There's lots more for you to discover in this issue, including details of the August makeup and skincare recommendations to deal with the heat, the back-to-school fashion picks you don't want to miss, as well as plenty of health and family wellbeing articles.

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

Happy reading!

Ella

Editor

Mother, Baby & Child Magazine



CONTENTS

Editor's Letter 03

THINGS TO DO 08

A Selection Of Our Favourite Things To Do This Month! 09

WELLBEING 12

Promoting Positive Body Image In Kids 13

Navigating Your Midlife Journey As A Mother 14

The Benefits Of Milk, Yoghurt And Laban For Children 16

Nine Ways To Keep Back-To-School Germs At Bay 22

Prepare To Go Back To School With WaterWipes™ 23

PARENTING 24

Financial Literacy For Kids 25

The Challenges Of Parenting Toddlers 28

Exploring Aromatherapy For Children 32

Editor's — PICK —

GENTLE SKINCARE FOR BABIES FROM CORINE DE FARME

I'm always on the lookout for gentle and effective skincare for little ones, so I'm delighted to share my latest find with you! The Moisturizing Fluid Face and Body Cream by Corine de Farme (AED 35.20) is a certified organic cream that provides deep hydration and nourishment to both your baby's face and body. Formulated with natural ingredients that are safe for all skin types, this special formula harnesses the hydrating powers of organic olive, and shea butter which are perfect to keep your baby's sensitive skin happy in this heat! It's a wonderfully lightweight cream that's easily absorbed, leaving your little one feeling soft, smooth and moisturised. With its compact 100ml size, I find it convenient for travel and on-the-go use, as well as daily application, for long-lasting hydration.

Visit www.carrefouruae.com to find out more.





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CONTENTS

Editor's
— PICK —



EDUCATION

Embracing The Back-To-School Transition

The Power Of Visual Learning

SCHOOL & FAMILY BREAKS

The Perfect Family Staycation At Madinat Jumeirah

Mindful Luxury At Zanzibar White Sand Luxury Villas & Spa

HOME AND GARDEN

Summer Symphony: A Seasonal Refresh

Kitchen Design Features You'll Love

GOOD LIVING

Introducing The 'Cotton Wonderland' Kids' Collection

Editor's Beauty Picks

Editor's Fashion Picks



FAMILY SUNDAY ROASTS AT THE STRAND

Fancy trying a gorgeously traditional weekend lunch in town? With prices beginning at AED 90, prepare yourself and your loved ones for an unforgettable dining experience with The Strand's legendary Sunday Roast! Treat yourselves to a selection of homemade dishes, including succulent beef tenderloin, organic salmon and delectable vegetarian meatloaf, all served with tasty Yorkshire puddings and seasonal vegetables. Little diners are also in for a treat, with the kids' roast chicken and homemade fries. Located in Palm Views West, Palm Jumeirah, since its debut last year, every Sunday at The Strand has been fully booked! So, don't miss your chance to book in and savour this mouthwatering affair for yourself!

To make a reservation, call 04-430 221.

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THINGS TO DO



Pizza-making classes for kids; a Parisian breakfast treat; brand new Pilates classes and more!



FUN AND GAMES AT ADVENTURE ISLAND

JBR newcomer Adventure Island is an exhilarating entertainment hub for thrill seekers six years and older. Alongside laser tag arenas, this destination's coolest draw is its PIXEL rooms, where the floors come alive with mesmerising LED lights. Teams must step on the changing colours to score points, and watch out for the risky reds, with the speed and difficulty increasing as you go. It's perfect for birthdays, with the laser tag arenas built for up to 24 players. You can choose up to three games, each lasting fifteen minutes, and battle it out in a fun, high-tech environment.

Location: Bahar Plaza - Al Gharbi, JBR The Walk

Price: Starting from AED 59

Visit www.adventureisland.ae for bookings.

STYLISH DINING MEETS PLAYTIME!

Ribambelle is where high-end dining and family fun converge - an unusual combination for Dubai. Parents can enjoy premium food by Chef Gabrielle Martinez and delectable desserts by pastry chef Luis Federico Oliveira. The twist here is that while parents feast, children can keep busy at a fun-filled play area or participate in workshops, from arts and crafts, to cooking classes and much more. August is packed with various experiences, including chocolate chip cookie baking, bath bomb making, pencil case decorating and t-shirt painting.

Location: The Wharf, Bluewaters Island

Price: Workshops start from AED 100

Visit www.ribambelle.ae/schedule for the full schedule of events.



THE BREAKFAST OF CHAMPS

Awaken your senses and elevate your morning with the Breakfast Champs-Élysées at Ladurée, a delightful morning indulgence that transports you to the heart of Parisian charm. Indulge in a charming basket brimming with three exquisite mini viennoiseries and a selection of freshly baked bread, accompanied by butter, honey and jam. Savour the artistry of a perfectly crafted omelette, the natural sweetness of a flavourful fruit salad and the zesty tang of freshly squeezed orange or grapefruit juice. As you sip on Ladurée's renowned coffee, tea or rich, sumptuous hot chocolate, you'll feel the essence of an elegant French morning on the Champs-Élysées. Taking place daily, from 10 am to 3 pm, all of this can be yours for just AED 135 - a truly splendid treat of a way to start your day!

For more information, please visit
www.laduree.ae or @ladureeuae on Instagram.

DON'T MISS ALICE IN WONDERLAND 360°

Jaws will drop at the Theatre of Digital Art as you dive into the world of art in all of its forms and manifestations! This 360-degree digital experience in Souk Madinat Jumeirah combines art, education and inspiration into one amazing experience that's perfect for a truly memorable day out for all ages. This month, Alice in Wonderland 360° will take you and your loved ones to a magical world, unlike anything you've ever seen before. Modern technology and fully immersive space transforms this classic story into a groundbreaking experience for the whole family - so you can explore every corner of it! You'll be able to join Alice on her adventure through Wonderland as she meets many fascinating characters and solves mind-

bending puzzles. Here you will take part in the never-ending tea party with the Mad Hatter, you'll follow the playful Cheshire Cat through the twisting paths and you'll stand before the formidable Queen of Hearts in her garden. All you have to do is jump down the rabbit hole at the Theatre Of Digital Art!

Dates: Until August 31st

Location: Souk Madinat Jumeirah

Prices: AED 65 for children and from AED 116.28 for adults

Find tickets at
www.toda.ae/alice-in-wonderland.



FITNESS FIRST LAUNCHES REFORMER PILATES CLASSES ACROSS DUBAI



Fitness First has launched its highly anticipated Reformer Pilates classes! Embrace a new level of fitness with their detailed and diverse Reformer Pilates program, now available at select clubs including Motor City, Dubai Silicon Oasis, Mudon, DAMAC Mall (ladies only) and Uptown Mirdif (ladies only).

Reformer Pilates at Fitness First is available in three levels - Beginner, Intermediate and Advanced - meaning everyone can feel welcome, regardless of their fitness level. For those new to Pilates, the Beginner class focuses on fundamental movements and techniques using the reformer only, without any accessories. The Intermediate class targets the entire body and is ideal for those with a solid understanding of the exercises and transitions on the reformer bed, with accessories like circles and small balls added. For experienced members, the Advanced class involves complex movement patterns that challenge overall control and muscular endurance, incorporating accessories like circles, balls, bands, and small weights.

Whether you've never tried it before, or are a pro, you'll enjoy exploring these unique and comprehensive Pilates sessions, walking away with more strength, flexibility, balance and confidence in your body's abilities!

For more information and to find your nearest Fitness First club, visit www.uae.fitnessfirstme.com.

TREAT YOURSELF WITH COYA SPA PREMIUM'S 'UNWIND PACKAGE'

Escape the heat and indulge in the ultimate summer relaxation experience at Coya Spa Premium. Known for its cutting-edge facilities and skilled therapists, the spa boasts steam rooms, saunas and jacuzzis designed to help you unwind and alleviate the stresses of daily life. As summer brings its challenges, Coya Spa Premium offers a sanctuary of tranquillity, ideal for those seeking relief from the searing heat, with a range of spa packages tailored to your individual needs.

This month brings with it the spa's new 'Unwind Package', where you'll begin your journey with Coya's Signature Body Massage, crafted to soothe tired muscles and induce deep relaxation. This massage lasts 75 minutes, combining gentle techniques, focusing on pressure points to rebalance your energy levels and leave you feeling light and rejuvenated. Following this, choose between a 30-minute lavish lavender body scrub, renowned for its therapeutic benefits in reducing anxiety and stress, or a refreshing peppermint body scrub, which provides a cooling sensation while relieving muscle tension - perfect for summer. Alternatively, treat yourself to the Teami Express Facial, which lasts half an hour and leaves you with a revitalised, natural glow - so you look and feel your very best!

Location: Marasi Drive, Saas Tower, Health Club Level, Business Bay

Price: AED 580

Call 056 403 5854 for bookings.





BIG THRILLS AT THE LITTLE GYM

The Little Gym is a leading enrichment and physical development centre for children from 4 months through 12 years. Programs offer children a catalyst to life's adventures by using movement-based learning and imaginative play activities to help build their confidence and skills! Offering a myriad of activities from gymnastics, to arts and crafts, The Little Gym at Ibn Battuta Mall has programs especially designed to nurture children's physical, social and cognitive abilities in a safe and stimulating environment. So, enrol your little ones in a summer program of their choice for a season full of fun, adventure and learning.

Dates: Until 30th August

Location: The Little Gym, Ibn Battuta Mall

Price: From AED 200

Visit www.thelittlegym.com/uae-dubai-ibn-battuta to learn more.

PASTAMAMMA'S PIZZA-MAKING EXTRAVAGANZA



Little ones can roll up their sleeves this month and unleash their inner chef at Pastamamma's hands-on pizza-making classes. Taking place every other Saturday, children can master classic techniques to toss, top and bake their own delicious pizzas. Once the pies are in the oven, little ones will put their twist on tiramisu, learning how to make and decorate the delicious dessert from scratch.

Location: Pastamamma, Bluewaters

Price: AED 99 per child

For more, visit www.pastamamma.ae/masterclass.

DISCOVER A MEDITERRANEAN GETAWAY AT BORDO MAVI

Bordo Mavi is an award-winning culinary hotspot inspired by the ocean. Located at the Jumeirah Fishing Harbour, this waterfront restaurant is a celebration of coastal traditions and all things food. The venue is brought to you by the team behind 3Fils and BRIX Desserts, and the ingredients are second to none, offering incredible Mediterranean cuisine and traditional recipes dating back 300 years!

From Butter Shrimp casserole, to Wagyu butter oysters, you won't be bored here! Bordo Mavi's menu

also boasts a delicious home-made fish burger and chips, as well as creamy soya marinated chargrilled black sea bass skewers. The dessert menu doesn't fall short either, with a mouthwatering list of options, from thyme ice cream topped with olive oil, to homemade warm hazelnut halwa. The picturesque location and rich culinary heritage make Bordo Mavi an absolutely standout choice for all seafood lovers in the city, so don't miss this foodie experience!

Call +971 56 508 5002 to make a booking.



WELLBEING



Avoiding back-to-school germs; navigating midlife as a mother; encouraging a positive body image in your child and more!



PROMOTING POSITIVE BODY IMAGE IN CHILDREN

Here, we reflect on the importance, and the impact, of encouraging a healthy body image in little ones.



In today's visually driven world, the importance of promoting a positive body image in children cannot be overstated. From a young age, our kids are inundated with images and messages about appearance, which set unrealistic standards that can deeply impact their self-esteem and mental health. Let's take a look at how you can combat this.

MIRROR POSITIVITY

Children are incredibly perceptive and often mimic the behaviours and attitudes of their parents. By demonstrating a healthy attitude towards your own body, you will set a powerful example for your kids. So, do your best to avoid negative self-talk about how you look and focus on celebrating what your body can do. When children see you embracing your body with kindness and respect, they are far more likely to adopt the same attitude towards themselves.

IT'S ABOUT HEALTH

It's best to frame health and fitness as a way to feel good, rather than a means to lose weight. By encouraging activities that your child enjoys, whether it's dancing, swimming or playing football, you'll be able to frame physical activity as a fun investment in yourself, rather than 'atonement' for being overweight. Try to also emphasise the importance of nourishing kids' bodies with a balanced diet, focusing on how different foods can help them grow strong and healthy, rather than on the caloric content.

TALK ABOUT THE MEDIA

The media has a significant influence on children's body image and it's wise to teach your children to question and analyse the images they see in magazines, TV shows and social media. By explaining how many of these images are altered and don't represent reality, you'll encourage critical thinking, helping kids to understand that these images are not the standards they should aspire to.

FOCUS ON KIDS' STRENGTHS

Your child will be better able to develop a strong sense of self-worth that is not tied to their appearance if they learn to celebrate their achievements and talents - whether they excel in academics, arts, sports or kindness. By reinforcing the idea that their value comes from who they are and what they can do, not how they look, you can significantly boost their self-esteem and body image.

TALK OPENLY

By keeping the channels of communication always open, your child should feel comfortable discussing their feelings about their body. When they do speak up, always listen to their concerns without judgement and with plenty of reassurance. These conversations are golden opportunities to reinforce positive messages and dispel any myths or misconceptions they may have picked up. Children can be affected by negative comments about their appearance from peers or even family members. If your child experiences teasing or bullying, nip it in the bud by teaching them how to stand up for themselves assertively, and seek support from their school if necessary.

Creating a positive body image in children is so vital and will not only help your little one in the present, but will also lay the foundation for them to grow into confident, self-assured adults.



EMBRACING YOUR MIDLIFE JOURNEY AS A MOTHER

This month, Dr Bisi Laniyan, Clinical Psychologist and Adult Specialist at Sage Clinics offers her expert insight into navigating the challenges of midlife as a woman and mother.



Many mothers experience the phenomenon of a 'midlife crisis'. Perhaps you've just celebrated a milestone birthday, and suddenly, the reality of your own mortality hits home - you're not as young as you used to be. Or maybe your children have flown the nest, leaving you with a profound sense of emptiness and uncertainty about how to fill your days. You might feel a mix of nostalgia and anticipation, wondering what's next in this uncharted territory. For so many women and mums, these significant life events or role transitions often trigger what we call a 'midlife crisis.'

UNDERSTANDING THE MIDLIFE CRISIS

The term 'midlife' typically refers to the age range of 40 to 60, but it's more about a life stage than a specific number. The renowned psychologist Carl Jung described it as 'the afternoon of life,' a phase

distinct from both early and later adulthood. This period often ushers in existential questions such as, "What's the meaning of life?" and "What have I accomplished?" It's a time for deep introspection and pondering over whether you are living your true purpose or fulfilling the role you want to be within your family and society in general.

For many mothers, this introspective journey is accompanied by the practical concern of how to fill newfound free time. The increase in unstructured time can mean unresolved issues from the past may surface, leading to regrets about unfulfilled dreams and dissatisfaction with the current state of life.

Common signs of a midlife crisis include behaving in unusual ways, driven by a longing for youth. This might lead to impulsive actions like sudden changes in appearance, lifestyle, or social circles. Additionally,



women may experience increased irritability, unexplained sadness, and fatigue, alongside physical changes, often coinciding with menopause.

IDENTITY ISSUES

A common struggle during midlife is with identity - reflecting on how you have spent your life and how you will spend the rest of it. Society and media often paint ageing in a negative light, but this stage doesn't have to be doom and gloom. Instead, it can be a golden opportunity for rediscovery and setting new goals.

Think about the things you've always wanted to do but never got around to. Now is the perfect time to focus on your own needs, revive dormant dreams, and pursue long-neglected interests. Remember the viral social media video of a 94-year-old grandfather enrolling in computer school? It's a brilliant reminder that learning is continuous and has no age limit.

VALUES OVER OPINIONS

This period can inspire you to live the rest of your years aligned with your core values. Values are what matter most to us, giving our lives meaning and guiding our decisions. For instance, if contributing to your community

is important to you, getting involved in local activities can nurture this value. Living in alignment with our values keeps us connected to our true selves and can help balance the existential dread that often accompanies a midlife crisis.

INTENTIONAL CONNECTION

Research consistently shows that having supportive and meaningful relationships significantly enhances our quality of life, making us happier and healthier. As a mum, your social connections might need some attention at this new stage of life. Reconnecting with family and friends or joining new social groups can infuse your life with fresh energy, new friendships, and a renewed sense of purpose. You might also want to focus on spending more quality time with yourself if that's something you've put on hold amongst the bustle of busy family life.

AVOID HASTY DECISIONS

In the throes of a midlife crisis, it's tempting to make big decisions to alleviate any uncomfortable feelings of anxiety and uncertainty. However, it's so important to slow down and consider what's truly important to you. Talk through your options with a trusted friend and give yourself the time and mental

space to fully think things over. This can help you make well-considered decisions that aren't driven by insecurity or the pressure of 'time passing.'

CHANGING THE LENS

Ageing is a natural and inevitable part of life. What might seem like a bleak moment can actually be reframed as an opportunity for growth. Remember that you've successfully navigated life transitions before, and this stage is no different! Embracing new identities or aspects to yourself, as well as fresh perspectives during transitions in life can be a positive catalyst for really meaningful transformation as a person.

REDEFINING YOURSELF

Take this time to redefine yourself and thrive in ways you never imagined. Midlife is not the end; it's a new chapter full of potential and possibilities. Focus on what brings you joy, cultivate your passions and build real connections that actually enrich your life. This is your chance to live with intention and authenticity, making the most of the beautiful, unique journey that is your life. So, to the best of your abilities, embrace your midlife journey with open arms and an open heart, and watch as you rediscover your true self, with full permission to live a life that resonates with your deepest values and desires.

For more information, visit <https://sage-clinics.com>, and to dive deeper into this issue, call +971 4 575 5684 or email appointments@sage-clinics.com to book an appointment.



THE BENEFITS OF MILK, YOGHURT AND LABAN FOR KIDS

Here, we take a closer look at how milk, yoghurt and laban can help make up a healthy, balanced diet for little ones.

Ensuring children receive proper nutrition is a priority for all parents. Milk, yoghurt and laban (a type of fermented milk) are three dairy products that can play a big role in a balanced diet, providing little ones with essential nutrients that support their growth, development and overall good health.

MILK: A NUTRIENT POWERHOUSE

Milk is often referred to as a 'complete food' as it contains protein, fat, carbs, many vitamins, healthy fats, antioxidants and several essential minerals that contribute to strong immunity and growth.

Calcium for strong bones and teeth

Milk is an excellent source of calcium, which is crucial for the development of strong bones and teeth. Adequate calcium intake during childhood can help prevent bone-related issues such as osteoporosis later in life.

Protein for growth and repair

Milk provides high-quality protein that supports muscle growth and repair. Protein is also essential for the production of enzymes and hormones, and milk offers all nine essential amino acids.

Vitamins and minerals

Milk contains important vitamins such as vitamin D, which aids in calcium absorption, and vitamin A, which supports vision and immune function. It also provides potassium, phosphorus and B vitamins, all of which contribute to steady overall health.



Hydration

Milk is approximately 87% water, making it an excellent choice for keeping little ones hydrated. It helps maintain the fluid balance in the body, which is essential for various physiological processes.

WAYS TO MAKE MILK MORE FUN

Here are several creative and delicious ways to incorporate milk into meals and snacks for kids:



Smoothies and shakes

Fruit smoothies are a child-friendly way to add milk to your child's diet. Simply blend milk with fresh or frozen fruits, like bananas, strawberries, or mangoes, for a refreshing and nutritious smoothie. You can add a spoonful of yoghurt or a sprinkle of oats for extra creaminess and fibre.

To make a delicious chocolate milkshake, blend milk with a scoop of cocoa powder or chocolate syrup and a banana for a delicious and healthier chocolate milkshake for your little one to enjoy.

Breakfast dishes

The first meal of the day is a wonderful opportunity to add to your child's daily intake of milk or yoghurt. Serve milk with whole-grain cereals or granola for a quick and easy breakfast, perfect for busy school mornings! Or try cooking oatmeal in milk instead of water for a creamier texture and added nutrition - and don't forget to top it with fruits, nuts and a drizzle of honey. On days where you have more time, you could use milk in the batter to make fluffy pancakes or waffles for a tasty and nutrient-dense treat! Agin, top these with fresh fruit, yoghurt, or a dollop of whipped cream.

Savoury dishes

Milk can be used in so many ways in savoury foods. Use milk to make a creamy cheese sauce for homemade macaroni and cheese or add milk to mashed potatoes for a smoother and creamier texture.

For an extra serving at lunch, try using milk as a base for creamy soups like tomato bisque, corn chowder or broccoli cheddar soup.

Desserts

Milk and sweet treats are a match made in heaven! There are so many easy options to try, the simplest being to blend milk with ice cream and fruit or chocolate for a classic milkshake. For mothers with a little more time, milk can be used to cook rice pudding, adding sugar, cinnamon and raisins for a sweet treat.

YOGHURT: PROBIOTIC BENEFITS

Yoghurt, a fermented dairy product, offers all the benefits of milk and more, thanks to its probiotic content.

Probiotics for digestive health

Yoghurt contains live bacteria cultures, known as probiotics, which promote our healthy gut flora. A balanced gut microbiome supports kids' digestion, enhances nutrient absorption and boosts their immune system.

Protein and calcium

Like milk, yoghurt is rich in protein and calcium. Greek yoghurt, in particular, is a protein powerhouse, providing even more protein per serving than regular yoghurt. It's a really accessible way to increase your little one's intake in a way they will enjoy!

Easy on the stomach

For children who are lactose intolerant, yoghurt can be a more digestible option. The fermentation process breaks down some of the lactose, making it easier for lactose-sensitive children to enjoy.

Versatility

Yoghurt is versatile and can be enjoyed on its own, mixed with fruits, or used in smoothies and desserts. This makes it an easy,



customisable and enjoyable way to incorporate essential nutrients into your child's diet, meaning it can become a regular staple snack, without little ones becoming easily bored.

LABAN: THE MODERN ELIXIR

Laban, also known as fermented milk or buttermilk in some cultures, offers unique benefits that make it a valuable addition to a child's diet.

Digestive aid

Laban is rich in probiotics, similar to yoghurt, which aid in digestion and help maintain a healthy balance of gut bacteria. This can be particularly beneficial for children with digestive issues.

Hydration and nutrition

Laban is both hydrating and nutritious, providing a good mix of water, protein, calcium and vitamins. It's a refreshing beverage, especially in hot climates like the UAE, and it helps maintain the fluid balance in our bodies.

Immunity boost

The probiotics in laban can strengthen your child's immune system by enhancing their body's ability to fight off harmful bacteria and viruses. Regular consumption can help reduce the frequency of common illnesses, like coughs and colds, that go hand-in-hand with the back-to-school season.

Calcium and protein

Laban offers the same bone-building calcium and growth-supporting protein found in other dairy products. It's an excellent choice for children who might not enjoy the taste of plain milk.

As you can see, incorporating milk, yoghurt, and laban into a child's diet can provide a wealth of nutritional benefits and is a real no-brainer for parents. These dairy products support:

- ✓ Bone health
- ✓ Muscle growth
- ✓ Immune function
- ✓ Digestive health

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CREATIVE WAYS TO USE LABAN FOR KIDS

Here are several creative and delicious ways to incorporate laban into meals and snacks for kids:

Smoothies

Blend laban with fresh or frozen fruits like bananas, berries, or mangoes for a refreshing and nutrient-packed smoothie. Add a touch of honey or maple syrup for sweetness if needed.

To sneak in some vegetables, don't be afraid to combine laban with spinach, kale, or cucumbers for a green smoothie that's both tasty and full of vitamins.

Frozen treats

Laban popsicles are a firm favourite with kids. Just blend laban with fruit puree and freeze in popsicle moulds for a cool and nutritious treat. This is a really great way to enjoy laban during the hot summer months - try it for yourself and see!

Frozen yoghurt bites are another wonderful option. Simply mix laban with a little honey and spoon into silicone moulds or ice cube trays. Freeze these until they are solid for bite-sized frozen yoghurt treats.

Baking

Muffins and bread are a tasty way to sneak some servings of laban into your child's meals. Substitute laban for milk or yoghurt in muffin and bread recipes to add a slight tanginess and moisture to the baked good, and that's it! For pancakes, use laban instead of buttermilk in the recipe, for fluffy and flavourful pancakes that have an extra dose of nutrition.

Savoury dishes

Use laban as a creative marinade for chicken or fish, by combining it with garlic, lemon juice and herbs for a tenderising and flavour-enhancing marinade that all the family will love. For a unique garnish, add a dollop of laban to soups and stews for creaminess and extra nutrition.

Snack ideas

Make an easy laban-based dip along with fresh cut vegetables and fruit for a healthy snack or mix laban with herbs and use it as a spread for sandwiches and wraps instead of mayonnaise or butter.

Desserts

Cheesecake is always a family favourite, so why not make a lighter version of cheesecake by incorporating laban into the recipe for a creamy and tangy dessert. Alternatively, toss fresh fruit with a mixture of laban and honey for a quick and healthy dessert.

All in all, regular intake of these nutrient-dense foods can help to ensure that children receive the essential nutrients they need for optimal growth and development. Whether served as a refreshing drink, a snack, or part of a meal, milk, yoghurt and laban are versatile and delicious options that contribute significantly to a healthy, balanced diet for children.

READY, SET, CHEF!

مزارع العين



Al Ain Farms

IN goes
the bag



OUT comes
the cooked
chicken!



**100% Fresh Chicken
5 Delicious Flavours!**

- STEP 1  **PRE-HEAT OVEN**
- 2  **OPEN THE BOX**
- 3  **PLACE BAG
IN OVEN TRAY AS IS**
- 4  **COOK FOR
45 MINUTES AT 180 °C**





NINE WAYS TO KEEP BACK-TO-SCHOOL GERMS AT BAY

How to keep germs to a minimum at school.

As the back-to-school season rolls in, parents everywhere brace themselves for the inevitable wave of germs that accompany the start of the academic year. With classrooms being a hotbed for bacteria and viruses, it's no wonder that many children find themselves under the weather. However, the great news is that with a bit of diligence and some proactive measures, you'll help your little ones dodge those pesky germs and stay healthy. Here are ten simple practices that will allow your children kick off the school year in top form.

TEACH PROPER HANDWASHING

The cornerstone of germ prevention is proper handwashing. It's wise to teach your children how to wash their hands effectively - using soap and water, scrubbing for at least 20 seconds, and not forgetting the backs of their hands and under their nails. Make it a fun activity by singing a short song like 'Happy Birthday' twice to ensure they get the timing right.

PACK HAND SANITISER

For times when soap and water aren't available, hand sanitiser is the next best thing. Slip a small bottle into your child's backpack and encourage its use, especially before eating lunch or snacks. Try to opt for a sanitiser specifically designed for children's sensitive skin.

KEEP HANDS CLEAN WITH WIPES

Sanitiser is great, but having antibacterial wipes on hand adds an extra layer of protection that is really simple for kids to use. Pack a small pouch of these wipes in your child's backpack so they are able to quickly and easily clean their hands before meals, after using any shared equipment, or when they've been playing outside. Wipes can also be used to clean surfaces such as desks and keyboards if needed, reducing the chances of coming into contact with germs.

BOOST THEIR IMMUNE SYSTEM

A strong immune system is a child's best defence against germs. To the best of your abilities, make sure your little ones are eating a balanced diet rich in fruits, vegetables and whole grains. Foods high in vitamins C and D, as well as zinc, are known to bolster their immunity. Consider supplements if you feel it's necessary, but always consult with a healthcare provider first.

THE NO SHARING RULE

While sharing is a virtue, when it comes to preventing the spread of germs, it's better to teach your children not to share personal items like water bottles, food, utensils and even pencils or other school supplies.

This small adjustment might seem fussy, but if you have a child who is prone to catching every bug that goes around the classroom, this small rule may significantly reduce the risk of transmitting infections.

KEEP THINGS CLEAN!

Backpacks, lunchboxes and water bottles are breeding grounds for bacteria. So, it's good to make it a habit to clean these items regularly. A simple weekly wipe-down with disinfectant wipes really helps keep these surfaces germ-free. Don't forget to remind your child to bring home their lunchbox daily, for a thorough clean!

GOOD RESPIRATORY HYGIENE

It might seem obvious, but take the time to teach your children to cover their mouths and noses with a tissue or their elbow when they cough or sneeze. This simple practice is one that many kids neglect and it genuinely helps prevent the spread of germs through airborne droplets. Additionally, it's always best to remind little ones to dispose of tissues immediately and wash their hands afterwards as this might not be their inclination.

KEEP SICK CHILDREN AT HOME

As tempting as it may be to send your child to school with a mild sniffle, it's actually better to keep them home if they're showing signs of illness. This not only helps them recover more quickly but also prevents them from spreading germs to their classmates. Most schools have guidelines on when a child should stay home, so be sure to familiarise yourself with them.



SLEEP AND EXERCISE

Both sleep and physical activity are cornerstones of building strong immunity, but these are easy to overlook in the hustle and bustle of getting back into the swing of the school year. So, take your chance to get ahead of this curve by establishing a consistent sleep routine for your little ones before school starts up - with the recommended amount of sleep being 9-11 hours per night for school-aged kids. Equally as important is encouraging your children to be active, whether through sports, outdoor play, or family activities like biking or hiking, in a way they can keep up with once their lessons begin.

With these nine strategies, your children will be well able to navigate the back-to-school season with fewer sick days and more of the healthy, happy moments you want for them. Remember, a little preparation goes a long way in keeping those school-time sniffles at bay!

ADVERTORIAL

PREPARE TO GO BACK TO SCHOOL WITH WATERWIPES™



As the back-to-school season approaches, ensuring your little one's comfort and cleanliness as you prepare for their return to the classroom is a top priority. Whether you're packing lunchboxes or preparing for after-school activities, it's important to have the right essentials to hand.

WaterWipes™ is the perfect companion for your back-to-school needs, providing a gentle and effective clean for all skin types no matter where your kid's school adventure takes them. Created and made in Ireland, WaterWipes™ are plant-based¹ and plastic free² wipes.

Specifically, WaterWipes™ Textured Clean are ideal for growing kids, with 99.9% water, a drop of fruit and berry extract for extra cleansing power. They are textured to tackle tough messes, but remain gentle on skin. WaterWipes are a must-have in every backpack!

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.

PARENTING



Aromatherapy as a parenting tool; the best strategies for parenting through the toddler years and more!





FINANCIAL LITERACY FOR KIDS

We take a look at how and why you should consider teaching children about money matters.

In an age where financial education is more useful than ever, it's always good to equip our children with the skills they need to navigate the complexities of money management. From understanding the value of saving, to making informed spending decisions, financial literacy lays the groundwork for a lifetime of financial health. But how do we, as parents, instill these vital skills in our children? Let's explore the importance of financial literacy for kids, alongside some engaging ways to teach them about money.

WHY FINANCIAL LITERACY MATTERS

Recent studies suggest that many adults struggle with basic financial concepts, which can lead to a cycle of poor financial decisions and stress. By introducing financial literacy at a young age, we can help children avoid these pitfalls. Financially literate kids are more likely to understand concepts like budgeting, saving and investing. They'll be better prepared to handle credit responsibly and make informed decisions about their futures.

Also, instilling financial literacy promotes a brilliant sense of independence and confidence in little ones. When children grasp the basics of managing money, they feel empowered to make choices that align with their values and goals. They learn to set objectives, work towards them and appreciate the satisfying relationship between effort and reward.

MONEY CONVERSATIONS

The foundation of financial literacy begins at home and it's never too early to start having conversations about money. It can be smoother for kids to take on board when you incorporate these discussions into everyday situations. For instance, when you go grocery shopping, explain how you make decisions based on prices and needs. You could encourage your children to compare prices and ask questions about what you're buying and why.

Consider introducing concepts like 'wants versus needs' in age-appropriate terms. This distinction helps children understand the importance of prioritising their spending. You



might start by asking them to identify what they genuinely need and what else they merely desire. This simple exercise lays the groundwork for making thoughtful financial choices in the future.

LEARNING THROUGH PLAY

One of the most effective ways to teach kids is through play, and money is no exception. Board games like Monopoly or The Game of Life offer an entertaining way to introduce financial concepts, like property ownership, investments and the impact of financial decisions. These games spark conversations about money management and can lead to deeper discussions about financial responsibility.

Additionally, consider incorporating role-play scenarios. Set up a 'shop' at home where younger kids can 'buy' and 'sell' items using play money. This fun activity not only teaches them about transactions, but also about counting, making change and managing a budget.

THE POWER OF PIGGY BANKS

Teaching children to save is a big part of financial literacy. A piggy bank can become a powerful visual tool for demonstrating the value of saving over time. Why not encourage your child to set a savings goal? It could be for a toy they want, or a special outing

somewhere fun. You will need to help them keep track of their progress - always celebrating their milestones along the way so they feel good about the whole experience!

You may also consider opening a savings account for your child. Many banks offer accounts specifically designed for kids, often with features that encourage saving. Taking them to the bank to make deposits also reinforces the idea that their money can grow when managed wisely. If they are able, you can discuss concepts like interest rates and how saving even small amounts can lead to bigger rewards over time.

MAKING BUDGETING FUN

As your children grow older, introducing the concept of budgeting becomes more relevant. Start by helping them create a simple budget for their allowance or any money they earn, and encourage them to allocate funds for spending, saving and sharing (like donations to a charity). This three-part approach aims to also bring about a sense of responsibility and community awareness in children.

If your child is visually motivated, you could use apps or colourful charts to represent their budget. As usual, gamifying the budgeting process can make it more engaging. If you want to, take this further by creating challenges where your little ones have to stick to their budget for a week or find creative ways to save money.

ENTREPRENEURSHIP

Nurturing an entrepreneurial spirit is another excellent way to train financial literacy. It's fun to chat to your children and come up with interesting business ideas, and then encourage them to give it a try - whether it's a lemonade stand, dog walking service, or selling homemade crafts. This not only teaches kids about earning money, but also about the hard work and dedication that goes into running a business.

Through these experiences, they'll learn valuable lessons about pricing, profit and customer service. Plus, entrepreneurship promotes critical thinking and problem-solving skills, which are essential for any financial journey.

INVESTMENT BASICS

As your children reach their teenage years, it's a good time to introduce them to the world of investing. While the concept may seem daunting, there are some fun and engaging tips and tricks to simplify it. If you feel unsure about where to begin yourself, stick to talking through

some real-world examples, such as the stock market, to show how companies grow and how investing can lead to financial gains over time.

If it feels right for your family, consider starting a small investment account for your child and involve them in the decision-making process. This is an excellent, hands-on way to learn some powerful lessons, in a relatively financially safe, low-impact way. With this, you'll be able to discuss different investment options and the importance of diversifying your 'portfolio'. This real world way of learning can demystify investing for your teen and empower them to make informed decisions in the future.

DISCUSSION IS THE WAY

Finally, one of the most significant aspects of teaching financial literacy is having an open dialogue at home about money. If you make it a norm, your children will naturally ask questions and share their thoughts on finances. By creating a safe space for these conversations, you're helping them gain confidence in discussing money matters and you're also building up their own internal understanding of how finances work. Also, through talking,

kids can refine their personal 'money dial', or what it is that's most important to them when it comes to spending on wants. All of this will allow them to form a relationship with money based on understanding and balance.

A GOOD EXAMPLE

It goes without saying that these lessons work much better when you model healthy financial behaviours yourself. If you feel comfortable and it's age-appropriate, consider sharing your financial goals, decisions and possibly even mistakes with your older children. This transparency helps demystify money management and reinforces the idea that everyone can, and does, learn and grow in their financial journey.

Financial literacy is an excellent life skill that can significantly impact children's futures. By using these tips and strategies, you will be able to empower your kids to take control of their financial destinies, and remember, the earlier parents lay the groundwork for financial literacy, the better equipped children will be to navigate the complexities of money management and achieve their dreams.



THE CHALLENGES OF PARENTING TODDLERS

Parenting a toddler can be tough at times! Here are some tips and tricks to help you navigate your little one's needs more smoothly.

Parenting a toddler is a whirlwind, full of joy, new milestones and, of course, challenges. As your little one transforms from a baby into an independent being with their own personality, parents have to navigate through a maze of evolving needs and behaviours with patience, creativity and a big dose of resilience!

THE COMMUNICATION CONUNDRUM

One of the primary challenges parents face with toddlers is communication. Toddlers, usually aged between two and four years old, are bursting with the desire to express themselves but often lack the vocabulary to articulate their emotions and desires. This gap can lead to frustration and the infamous toddler tantrums. Imagine a world where you have big ideas and feelings but no words to share them - that's your toddler's reality. Toddlers are in a critical phase of emotional development, learning to identify and manage their feelings. This can be a rollercoaster for both them and you, as they experience emotions intensely but lack the skills to cope with them effectively.

NAVIGATING THE GAP

Understanding little ones' gestures, deciphering their limited vocabulary and

encouraging verbal expression requires a great deal of patience and attentive listening from parents. Here are three things to bear in mind when developing these channels of communication.

Truly listen

Active listening is essential in communicating with toddlers. It's best to get down to their level, make eye contact and show that you are genuinely interested in what they are trying to say. This approach not only helps in understanding their needs better but it will also make them feel valued and heard, creating a safe space between you where they feel comfortable expressing their emotions without judgement. This goes a surprisingly long way in allaying any frustrations they might feel and lessening the chances of the conversation devolving into a tantrum.

Expression is the key

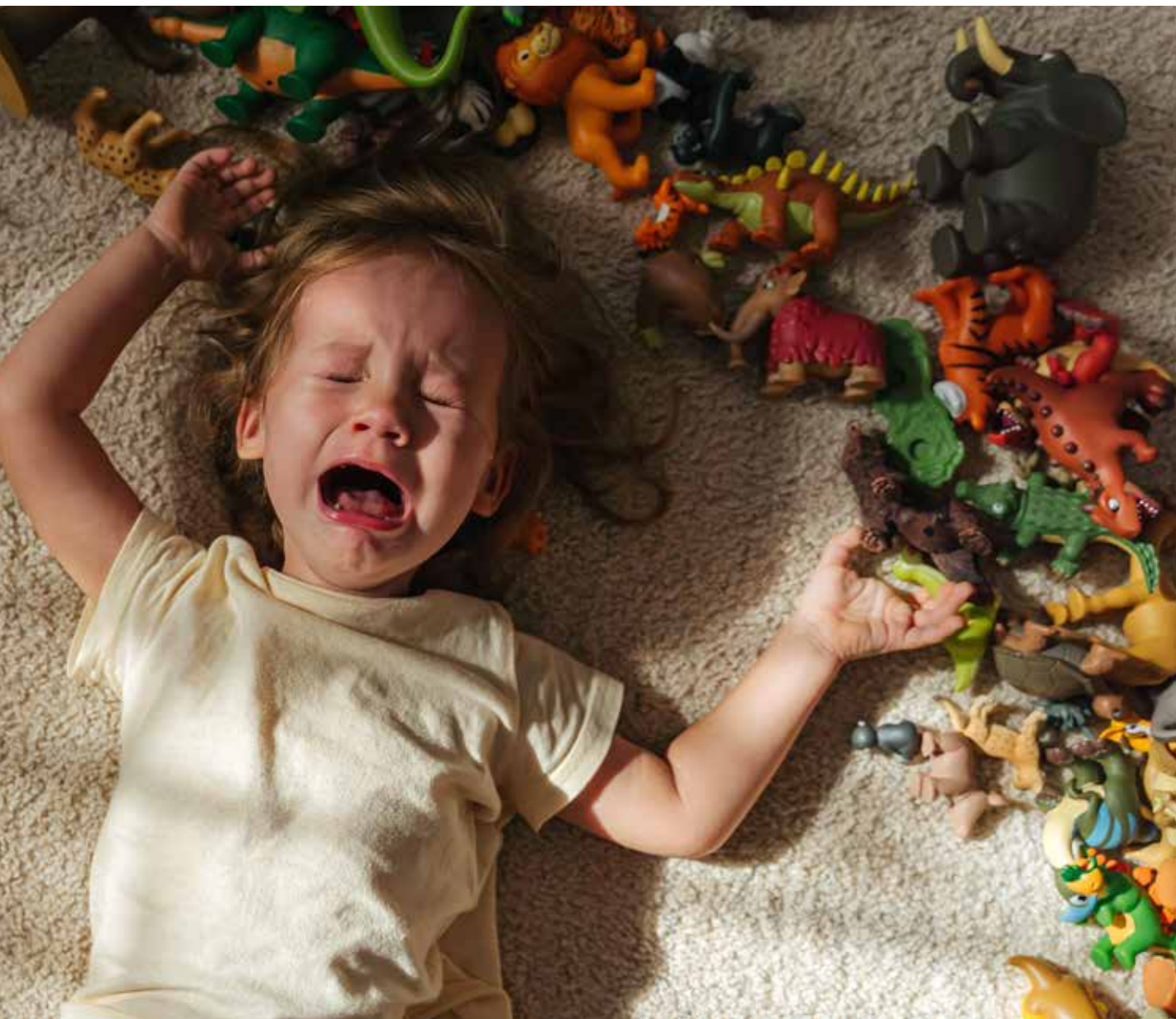
Encouraging expression in toddlers can be a game-changer. Using simple words and phrases, and motivating your child to use their words instead of just gestures is a great practice. It expands their vocabulary and boosts their confidence in expressing themselves verbally, building up the tools they have at their disposal to articulate those



big thoughts and feelings! Helping them name their feelings is massively important too. Try phrases like "I see you're feeling sad because your toy broke", which link their feelings with words and will also let them know you think it's valid to feel angry, sad or frustrated.

It takes patience

Patience is essential when dealing with toddler tantrums - which are often young children's way of expressing their frustration at the communication barrier they experience. It's wise to recognise that



these outbursts are a normal part of their development and respond to them with calmness and understanding. This approach helps to soothe little ones' exasperation and demonstrates good emotional regulation by showing how to manage feelings constructively, gradually teaching kids better ways to express their emotions.

STAYING SAFE

Toddlers can be a handful, always curious and looking to try new things! This leads to all sorts of potential dangers at home that were easier to avoid when they were younger. Childproofing

your space is important to minimise these possible hazards and create a safe environment for your little one as they explore. Be sure to secure any sharp objects or edges, cover electrical outlets and keep dangerous substances out of reach to prevent accidents.

Supervision is also essential, especially during your toddler's explorative play - the phrase "mothers have eyes in the back of their heads" is famous for a reason! Keeping a watchful eye ensures young children stay out of harm's way while they satisfy their curiosity and learn about their surroundings. Teaching safety from an early age will help toddlers understand and follow basic rules,

meaning you have slightly less to constantly monitor. Begin with simple instructions, such as not touching hot surfaces or avoiding running into the street, to instil some essential everyday safety habits into your little one while in the home.

MEALTIME MAYHEM

Mealtime with toddlers can often feel like a battlefield. One day they love carrots and the next, they detest them. Their erratic eating habits and sudden food aversions can make it challenging for you to make sure they get balanced nutrition.



Turning mealtime into a fun, stress-free experience can make a big difference for toddlers. One much-loved technique is telling interactive stories involving their food, like a tale about a dog and a cat enjoying lunch together, to make the experience more appealing. It's also helpful to maintain a calm and consistent eating routine, offering food without pressure and trusting that your child will eat when they're hungry.

SLEEP STRUGGLES

Ah, sleep - the elusive goal for many parents of toddlers. Transitioning from a crib to a bed, resisting naps and struggling with bedtime routines are common challenges. Toddlers often experience night awakenings and bedtime resistance, which can disrupt the entire household's sleep patterns.

A solid bedtime routine is the foundation for ensuring your toddler gets a good night's sleep. First things first, be sure to lay the groundwork by avoiding any screens at least two hours before bedtime to help little ones settle down. The framework of a strong sleep routine is keeping a consistent schedule that begins well before the actual bedtime. This predictability helps signal to your child that it's time to wind down. Perhaps you could incorporate a warm bath

into the routine, complete with fun toys and even calming classical music. A bath can help relax your toddler, preparing them for a restful night ahead. Many parents like to end the routine with story time. So, snuggle up together with some classic children's stories, and keep your voice calm and gentle to help your child unwind - and drift off to sleep peacefully.

DISCIPLINE AND BOUNDARIES

As toddlers assert their independence, they often test boundaries, leading to plenty of defiance and challenging behaviours! Finding effective, age-appropriate ways to tackle this is key to guiding them through this tricky stage.

How boundaries work

Enforcing boundaries with toddlers requires a gentle and consistent approach. The crux of good behaviour begins with you setting clear expectations, using simple language to explain behaviour guidelines and repeating them consistently to your child. Reinforce any positive behaviour they show with lots of praise, hugs, smiles or encouraging words to motivate your toddler to keep doing it.

Dealing with tricky behaviour

When your toddler acts out, always aim to redirect their behaviour by gently steering them towards a more appropriate activity. Staying calm and patient is key; avoid shouting or using harsh language, as your demeanour sets an example for them that they tend to mirror back to you. This means that the more stressed you become, the more wound up they will be. Consistent consequences for misbehaviour are as important as setting clear expectations, because both will help children to understand the repercussions of their actions and make better choices in future. Without consistent outcomes, they have no way of mapping out how interactions and your boundaries work - therefore, it's essential!

Why empathy helps

Bringing out empathy in your little one is another vital component of discipline. If you can teach your toddler to understand the impact of their actions on others and encourage gestures of kindness, they will start to contextualise their actions with how other people feel. This is not an overnight endeavour! But if you lead by example, demonstrating the behaviour you expect, such as politeness and sharing, and make use of time-outs to sit with your toddler, helping them calm down and discuss their feelings, they will develop the skills they need to behave well.

JUGGLING EVERYTHING

Parenting toddlers can be overwhelming, often leaving parents feeling stretched thin. Managing time and responsibilities as a parent of a toddler is no small feat and balancing this with work responsibilities, household chores and time with yourself becomes a juggling act. However, it can be done with a touch of strategy and a lot of heart. Start by prioritising your tasks - just focus on what's truly important and let the less critical stuff slide. Taking breaks is vital too - grab any available moments of personal time to recharge, instead of always spending it on 'to-dos'. Many parents find keeping a small notebook with them during the day (and the night!) can make a huge difference in staying organised. By writing down the small jobs and tasks that come to you, your brain will be able to let the thought go, so you can free up some much-needed mental space and stop focusing on remembering every little detail at all times. Jotting down a quick schedule or list for the next day is also a wonderfully effective way to cut the endless list of tasks and responsibilities down into bite-size chunks, taking unnecessary thinking out of each day - making life smoother and a lot less stressful.

It's essential to maintain some amount of self-care and manage your stress to navigate this phase of toddlerhood effectively. So, don't be shy about asking for help from family and friends; they're often more willing to lend a hand than you might think. Don't hesitate to seek out advice or support from

other parents or professionals if you're struggling, and be flexible in your approach to accommodate your energy on any given day, as well as you and your child's unique personalities - you're doing great!

THE POWER OF PLAY

Socialisation is a cornerstone of your toddler's development. Engaging with other little ones helps them cultivate the essential social skills, like sharing, empathy and communication. Yet, these interactions can also stir up challenges, such as squabbles over toys and taking turns. Setting up regular playdates with kids of similar ages is a great way to foster these social skills organically. The best approach is to supervise their play, gently guiding them through small conflicts as they arise and encouraging sharing and giving lots of praise when they do so. Role-playing with dolls or action figures with your child is also a great way to simulate social scenarios where you can teach them valuable problem-solving skills, in a fun and engaging way.

FINDING YOUR STYLE

Different parenting styles can significantly impact how parents handle the challenges of raising toddlers. Whether you lean towards authoritative, permissive, or something in between, the key is adaptability and responsiveness to your child's needs. Reflect on your values and consider how they influence your parenting approach - and bear in mind that your personal style is dynamic, and can evolve with your own understanding and your child's development. Remember, every toddler is unique, and what works for one might not work for another. So, stay flexible, patient and above all, enjoy the journey.

Whatever your preferred approach, be sure to celebrate your little ones' toddler milestones, from their first words and phrases, to mastering new skills like climbing stairs or solving puzzles and even the dawn of their artistic endeavours, whether it's drawing, painting or building. Embrace their creativity and cheer on their achievements, cherishing the cuddles and the small victories. After all, these moments, with all their trials and triumphs, are fleeting and precious. Your toddler is growing and learning every day, and so are you!



EXPLORING AROMATHERAPY FOR CHILDREN

When used properly, aromatherapy can help children manage their emotions, stay grounded and feel their best!



Imagine a world where the soothing scent of lavender helps your child drift into a peaceful slumber, a hint of peppermint might ease their tummy troubles and a whiff of lemon can sharpen their focus for that tricky maths homework. This is the enchanting world of aromatherapy - a holistic practice using natural plant extracts and essential oils to promote health and wellbeing. While often embraced by adults, aromatherapy holds a treasure trove of benefits for children too. Let's explore how this natural remedy could support your child's physical and emotional health, and the safest ways to use it.

UNDERSTANDING AROMATHERAPY

Aromatherapy involves using essential oils, derived from plants, to enhance physical and psychological wellbeing. These oils can be used in various ways, such as:

- Diffusers: dispersing essential oils into the air
- Aromatic spritzers: spraying a fine mist of diluted essential oils
- Inhalers: portable devices for direct inhalation
- Bathing salts: adding oils to bathwater
- Body oils, creams, or lotions: applying oils to the skin through massage or topical application
- Hot and cold compresses: using oils with compresses for targeted relief

WHAT CAN IT OFFER?

Aromatherapy has many benefits to offer little ones in their various challenges, from physical health to comfort and calm. Let's dive in.

Relaxation and sleep

Children, like adults, experience stress and anxiety. Essential oils such as lavender, chamomile and cedarwood are renowned for their calming properties. Incorporating these oils into a bedtime routine will help children relax and drift off to sleep more easily. Just a few drops of lavender oil in a diffuser or a gentle massage with diluted chamomile oil creates a serene bedtime environment that invites restful sleep for your child.

Respiratory health

Battling colds, coughs or congestion is all too common for children. Essential oils like

eucalyptus, tea tree and peppermint have antimicrobial and decongestant properties that can help clear kids' airways and support easier breathing. Imagine the relief as your child breathes in the soothing vapour from a diffuser or enjoys a warm bath infused with eucalyptus oil, helping them breathe easier and feel more comfortable.

Focus and concentration

For school-aged children, maintaining focus and concentration can be tough. Essential oils such as rosemary, lemon and peppermint are known for their ability to stimulate the mind and improve concentration. Diffusing these oils in a study area will help your child stay alert and focused when tackling their homework, turning study time into a more productive and enjoyable experience.

Digestive comfort

Tummy troubles are common in children, whether due to overeating, gas or mild digestive issues. Essential oils like ginger and peppermint are known to alleviate that digestive discomfort. While more research is needed, many parents find that a gentle abdominal massage with a diluted blend of ginger oil soothes an upset stomach and promotes better digestion, bringing comfort to their little ones and easing any aches.

Immunity

Certain essential oils possess immune-boosting properties that may strengthen your child's natural defences. Oils like lemon, tea tree and frankincense have antimicrobial and antiviral properties that support their young immune system. Diffusing these oils regularly, especially during cold and flu season, can help create a healthier environment and promote your child's wellbeing as they avoid all the bugs that make their way around the school yard.

Balanced moods

Children often go through a wide range of emotions throughout the day, from happiness to frustration, and everything in between! Essential oils like orange, bergamot and ylang-ylang can help balance emotions and uplift mood. A diffuser blend of these oils is sure to create a cheerful atmosphere, helping children feel more positive and balanced.



SAFETY FIRST

While aromatherapy offers numerous benefits, it's vital to use essential oils safely with children. Here are the main areas to take into account.

Dilution is key

Essential oils are highly concentrated and should always be diluted with a carrier oil before applying to the skin. A safe dilution ratio for children is typically 1-2 drops of essential oil per tablespoon of carrier oil. This is a non-negotiable!

Patch testing

Before using any new essential oil, perform a patch test on your little one, to check for any allergic reactions or skin sensitivity.

Avoiding certain oils

Some essential oils are not suitable for young children, such as peppermint (for children under six) and eucalyptus (for children under ten). Always research or consult with a professional before using new oils.

Using safe methods

Diffusion is generally a safe method for children of all ages. Topical application should be used with caution and only with appropriate dilution and a patch test first.

Professional advice

If you have any concerns or if your child has a medical condition, consult with a healthcare provider or a certified aromatherapist before using essential oils. This extra precaution will give you the peace of mind to go ahead without any niggling worries.

EMBRACING AROMATHERAPY

Incorporating aromatherapy into your child's routine is a wonderful way to support their health and wellbeing naturally. With careful selection and proper usage, essential oils can offer a gentle, effective complement to your family's wellness routines. So, embrace the magic of aromatherapy and let the natural scents guide your children towards a healthier, happier life.

EDUCATION



How visual processing can help children boost their grades and the back-to-school tips you should know about!



EMBRACING THE BACK-TO-SCHOOL TRANSITION

What should you bear in mind during the final few weeks before school begins?



As the final days of summer slip away, the anticipation of a new school year is building. It's a time of excitement and apprehension, new beginnings and renewed routines. The transition from the lazy, carefree days of summer to the structured rhythm of the school year can be challenging. Children often feel a mix of anticipation and anxiety, while parents juggle their own concerns about kids' academic performance, social happiness and emotional wellbeing. Among the flurry of purchasing uniforms and supplies, it's really important to also focus on the other aspects of preparation that can make this shift smoother for everyone.

A GRADUAL CHANGE

It's wise to start establishing a routine before school begins. Aim to gradually adjust your child's bedtimes and wake-up times to align more closely with their upcoming new schedule. This simple step can mitigate the shock of early school mornings so children can adapt more easily to their 'new normal'.

GETTING READY

Involve your children in back-to-school shopping where possible. Let them choose their supplies (or between two two options you've pre-selected!), from notebooks and pens, to lunch boxes and bags. This simple act of choice can instil a sense of ownership and excitement about the upcoming school year, putting little ones in a positive mindset going into the classroom.

THINKING POSITIVE

Building a positive mindset is key. Emphasising the exciting aspects, such as favourite subjects or extracurricular activities they're looking forward to, and generally framing the return to school as an adventure filled with opportunities to learn new things and reunite with friends can really impact your child's attitude and appetite for school.

TALK IT THROUGH

Emotional readiness is just as important as logistical preparation. Try to instigate a 'casual' chat about how your little one is feeling, whether they're excited to see friends or worried about new challenges, from academic work to a new teacher. Discussing their hopes and fears and acknowledging their concerns can alleviate any creeping anxiety kids might be experiencing and build their confidence.

THE ROLE OF ROUTINE

Routine is the backbone of a successful school year. Consistent schedules for homework, meals and bedtime provide a framework for kids to use. Establishing a routine doesn't mean a rigid, inflexible timetable, but rather a predictable pattern that children can rely on.

A BALANCING ACT

Equally, it's also essential to maintain a balance. Academics are important, but so is downtime. Try to make sure your little ones have time to relax, play and stay connected with their interests outside of school. It's better for their overall wellbeing and helps prevent burnout.

Remember, the goal is progress, not perfection. So celebrate the small victories, whether it's a good grade, a new friend, or simply adapting to the new routine. These achievements, no matter how minor they seem, are significant milestones in your child's journey and signs that the transition is going smoothly!



THE POWER OF VISUAL LEARNING

We investigate how visual learning can help your child unlock their full academic capabilities.

In a world inundated with information, the way we learn is evolving at an unprecedented pace. Among the wide range of learning styles, visual learning is fast gaining recognition for its profound impact on students' comprehension and retention. Imagine a classroom where children don't just passively receive information, but are actively engaging with colourful images, fun videos and interactive diagrams. This is the essence of visual learning, a style that transforms education and parenting alike.

Visual learning leverages the brain's natural affinity for images. Our minds are wired to process visual information swiftly and efficiently, a trait that dates back to our earliest ancestors, who relied on keen observation for survival. Today, this evolutionary advantage translates into a learning method that can make a significant difference in how children (and adults!) grasp and retain complex concepts.

BETTER RETENTION AND RECALL

One of the most compelling advantages of visual learning is its impact on memory. Studies have shown that people tend to remember 80% of what they see, compared to just 20% of what they read and 10% of what they hear. This disparity is due to the brain's ability to process visual information 60,000 times faster than text. For children, this means that visual aids such as charts, maps and videos can dramatically enhance their ability to recall information during exams or in everyday situations.

IMPROVED COMPREHENSION

Visual learning is not just about remembering facts - it's also about understanding them. Complex ideas and abstract concepts become more accessible when they are represented visually. For instance, a child learning about the solar system might struggle to grasp the vast distances between planets through text alone. However, an interactive model or a vivid diagram can make these huge distances more tangible, giving them a deeper understanding.

ENGAGEMENT AND MOTIVATION

Let's face it, kids can find traditional teaching methods a little bit dull at times, making it quite hard to stay excited about school.



Seemingly endless lessons and monotonous readings can sap the enthusiasm out of even the most curious minds. Visual learning, on the other hand, is inherently engaging for young minds! Colourful graphics and videos, as well as interactive elements are a welcome novelty for capturing students' attention in the classroom, making learning feel less like a chore and more like an adventure. This diversity in how different topics and concepts are presented often translates into higher motivation and a genuine love for learning in children.

Everyone is different

Every student is unique, with distinct preferences and strengths. This is particularly beneficial for those who are visual learners, but it also complements other learning styles. Kinesthetic



learners, for example, benefit from interactive visual aids that allow them to engage physically with the material. Auditory learners can enhance their experience by combining visual aids with narration or discussions. By incorporating visual elements, teachers and parents are better able to create a more inclusive learning environment - one that caters to a broader range of students and minds.

Solving problems

Visual learning encourages students to engage in critical thinking and problem-solving. When students interact with visual aids, they are often required to analyse and interpret information, identify patterns and draw their own conclusions. This active style of engagement often leads to a deeper level of cognitive

processing. For example, interpreting a graph requires students to understand the relationship between variables, growing their analytical skills, which are essential in both academic and real-world contexts.

An innovative mindset

Visual learning not only helps in understanding and retaining information, but it also sparks creativity. When children are exposed to visual stimuli, they are encouraged to think outside the box and explore new ideas. Art, design and multimedia projects can inspire young learners to express themselves creatively, giving way to innovation and original thinking. In an era where creativity is increasingly valued, visual learning equips students with the tools they need to thrive in a variety of fields.

Beyond the classroom

The benefits of visual learning extend far beyond the confines of a classroom. In everyday life, visual literacy is crucial. From interpreting road signs and maps to understanding infographics and advertisements, the ability to process visual information is essential. Moreover, in the professional world, visual communication skills are highly prized. Whether it's crafting compelling presentations, designing marketing materials, or analysing data through visual software, the ability to effectively use and interpret visuals can set individuals apart in their careers.

Learning at home

Parents play a pivotal role in nurturing their children's learning styles. Incorporating visual learning at home can be as simple as using picture books, educational videos, or even drawing and colouring sessions around a theme that reinforces new concepts. Visual learning tools might also make homework and study more enjoyable and productive for kids, which will only bring about a positive attitude towards learning from an early age. Additionally, parents can use visual schedules and charts to help children with routines, chores and organisation, introducing them to visual learning in a subtle way.

Let's talk technology

In our digital age, the tools for visual learning are more accessible than ever. Interactive apps, virtual reality experiences and online resources offer endless opportunities to enrich kids' overall learning. Parents can leverage these technologies at home to create more immersive, fun activities that are also subtly educational. However, as always, it's essential to balance screen time with traditional learning methods and be aware of using technology thoughtfully and effectively with your little ones.

Visual learning is not just a trend - it's a powerful approach that has deep-reaching effects on children's ability to learn. In a world where information is increasingly visual, equipping children with strong visual literacy skills is not just beneficial - it's essential. So, step into this vibrant world of visual learning and help your child unlock their full learning potential.

SCHOOL & FAMILY BREAKS



An eco-friendly,
luxury tropical resort
and a relaxing family
staycation right here
in Dubai!



THE PERFECT SUMMER STAYCATION AT MADINAT JUMEIRAH

*Thrilling activities, calming spa experiences
and family fun await you - all without
leaving the country!*



THE KIDS CLUB

Madinat Jumeirah's two kids clubs are perfect for ensuring a fun-filled staycation that the littlest members of your gang will love! Junior guests staying at Jumeirah Al Naseem will enjoy unlimited access to their KiDS facility - a 500 square metre wonderland of play areas, with a wide range of activities available to keep children entertained, from crafts and face painting, to sports and movie screenings.

Little ones staying at Jumeirah Mina Al Salam, Jumeirah Dar Al Masyaf and Jumeirah Al Qasr are all granted exclusive access to KiDS at Jumeirah Al Qasr, which features an aquatic paradise sprawling across 1,000 square metres of immersive play areas and pools, including a temperature-controlled splash pad where kids are guaranteed to enjoy hours of fun!

A MUCH-NEEDED BOOST

Those seeking a break from all things fast-paced will find serenity amid the Madinat Jumeirah waterways where the Talisa Spa sits tucked away in eye-catching lush gardens. The award-winning wellness destination also boasts fantastic seasonal offers (available until the end of September), so you can experience some well-deserved pampering, for less.

Both hotel guests and day visitors can benefit from the 'Talise Summer Offer', which promises up to half price off a selection of treatments, including the 90-Minute Body Massage and the 90-Minute Facial and Wellbeing Ritual. Also available at special rates are the Satori Lounger, an innovative treatment that aids sleep and promotes a state of calmness, and the Detox Dome, which blends three highly effective detox methods for visible skin rejuvenation, as well as enhanced general wellbeing.

So, for a lovely staycation that offers plenty for adults and children alike, why not pack your bags and say yes to this special seasonal treat?

Visit <https://www.jumeirah.com/en/offers/global-offers/exceptional-jumeirah-staycations-for-bookings-and-more-information>.



Many families are hoping to squeeze in a staycation before school starts back and Madinat Jumeirah has answered this call with a newly unveiled special offer. For a gorgeous getaway without the fuss of leaving the region, you can choose from any of Madinat Jumeirah's distinct properties. If you fancy some contemporary sophistication, visit Jumeirah Al Naseem, but if a cosy boutique feel is what you're after, Jumeirah Mina Al Salam is the answer. On the other hand, palatial opulence defines Jumeirah Al Qasr, whereas secluded privacy and spacious luxury is what Jumeirah Dar Al Masyaf is all about. And lastly, Jumeirah Beach Hotel offers a warm family-friendly atmosphere, perfect for those with young children.

A VERY SPECIAL OFFER

The 'Jumeirah Summer Escapes' deal offers a 35% saving on your hotel booking for three nights or more at any of these properties, along with complimentary breakfast and access to the resort's selection of pools, as well as their pristine stretch of private beach - ideal! You also have the option to upgrade your family's stay to include daily lunch or dinner, as well as unlimited access to Jumeirah's Wild Wadi Waterpark, which is just a stone's throw away.



MINDFUL LUXURY AT ZANZIBAR WHITE SAND LUXURY VILLAS & SPA

Wind-bent palm trees, pristine white sands, and an extensive coral reef set the scene for Zanzibar White Sand Luxury Villas & Spa, distinguished as the only Relais & Chateaux member in Tanzania. The 4-hectare beachfront property boasts fifteen private villas enveloped by lush tropical gardens, each designed to offer unrivalled privacy, elegant aesthetics and exceptional service. Exemplifying the highest standards of luxury and personalised service, this resort offers a genuinely exceptional escape for families looking for an intimate, luxurious and mindful holiday, close to nature.

Located in an intimate lagoon, Zanzibar White Sand Luxury Villas & Spa is a family-

owned beachfront resort located along the tranquil shores of Paje Beach, just 1 km from the village. It sits on the most pristine piece of the beach, a stunning 10 kilometre stretch along the south coast of the tropical island. Known for its powder-soft sands, the tide rises and falls dramatically throughout the day, making way for sandbanks, beach bike rides and a sandy walk out into the ocean at low tide, with a two kilometre coral reef to protect the illustrious beach.

HOME AWAY FROM HOME

The family-owned resort showcases fifteen earth-toned private villas with one, two or five bedrooms available. Surrounded by

lush greenery for privacy, your family will love diving into your opulent private pool, slipping into a warm hot tub to unwind after a full day of activities, or experiencing the rare pleasure of an outdoor shower and bath. As if that wasn't enough, the villas also include an annex bungalow living room and lounge, a private terrace perched at the top of a white spiral staircase, and French doors to invite the warm coastal breeze inside. The interiors are elegantly designed, with pieces sourced from Italy and hand-made furniture customised on the property. What's more, each villa features a dedicated butler, ensuring every detail is meticulously attended to, complemented by thoughtful touches and a range of complimentary activities.

EMBRACING SUSTAINABILITY AND LOCAL CRAFTSMANSHIP

Zanzibar White Sand Luxury Villas & Spa is committed to sustainable travel practices, harnessing solar panels, solar water heating, and a wind turbine for its operations. The resort actively engages in community and environmental initiatives, including recycling programs and partnerships with NGOs. Notably, all villas are designed to be 100% sustainable, reflecting a serious commitment to eco-conscious hospitality. Their bottled water production facility ensures that there is no single-use plastic on the property - instead you



will sip from carefully packaged water in glass branded bottles. The villa's complementary cosmetics are also sourced from The Seaweed Centre, a mere ten minutes from the resort, where local women come together to create natural, organic shampoos and soaps from resources on the island.

White Sand also features its own carpentry workshop where their bespoke wooden interiors are designed and made-to-measure in every room. Additionally, a local tailor on the property crafts custom garments for guests using their choice of fabric and designs.

HOLISTIC BLISS AT THE SENSES SPA

Zanzibar White Sand's The Senses Spa offers a holistic approach to your wellbeing, combining expert care, inspiring design and the power of nature to lead you into a profound state of relaxation. Unwind with the spa's specialised massages and facials or, step into the steam room and infrared sauna to leave you with an enviable youthful island glow.

INDULGE IN CULINARY EXCELLENCE

Once you've worked up an appetite, explore White Sand's exceptional culinary delights from around the world, with choices that cater to various dietary preferences, including halal and vegan options. The chic lounge of the main restaurant, Doors to Zanzibar, is a true showstopper with its giant mother-of-

pearl chandelier. Here, breakfast and dinner are served à la carte and the chef's daily selection of international and African fusion specials are sure to delight every member of the family. So, sit back and enjoy the perfect blend of international and Swahili fusion cuisine in a casual, but exquisite five star dining experience.

DIVE INTO ADVENTURE

If you can tear yourself away from the gorgeous beach bungalows, an extensive collection of activities and thrills is always readily available. The Niznik family, who created and operate the property, are kitesurfing aficionados. Thus, it's no surprise that the property features a world-class kite surfing offering. While the lagoon brings in perfect kite surfing conditions, you and your loved ones can take up lessons or venture out into the crystal blue water by yourselves to catch the perfect wind and race across the white sanded coast.

If kite surfing is not quite your forte, White Sand also offers a variety of water sports, excursions and island exploration activities, including snorkelling, scuba diving, ethical dolphin watching, cave explorations, quad tours and so much more. You'll have no shortage of amazing, awe-inspiring activities and trips at this beautiful resort!

UNLEASH YOUR WILD SIDE WITH TAILORED SAFARIS

At White Sand, no request is off limits, and no experience is too much. Experience the true essence of Tanzania by flying out to the mainland for a safari. Whether it's a day trip or a couple of days, White Sand will curate the ultimate wildlife itinerary for any guest. With flight times between fifteen and ninety minutes to Serengeti, chartered private planes will escort you from the beach to the bush.

White Sand Luxury Villas & Spa encapsulates the essence of luxury, adventure and sustainability, offering an unparalleled escape into the heart of Zanzibar's natural beauty. Every detail, from the eco-friendly initiatives, to the bespoke craftsmanship and world-class amenities, is designed to provide an extraordinary experience for you and your family.

Visit www.whitesandvillas.com for further information and reservations.



HOME & GARDEN



Modern kitchen decor
and an Emirati summer
furniture collection
you'll love!





SUMMER SYMPHONY: A SEASONAL REFRESH

Invite summer inside with a new range of furniture pieces from 2XL Home.

2XL Home, the popular Emirati brand renowned for its luxury home furniture, has a beautiful collection called 'Summer Symphony' now available in stores and online. The range aims to celebrate the essence of relaxed summer living, incorporating this season's top trends to give your home a seasonal lift.

FOUR DESIGN THEMES

Interestingly, it features four unique themes in terms of design inspiration - Mediterranean Azure, French Provincial, Tropical Serenity and Farmhouse Bliss - each designed to capture the spirit of summer and invite you to savour life's simple pleasures.

Mediterranean Azure

The Mediterranean Azure theme is inspired by the coastal beauty and tranquillity of the Mediterranean, bringing the serene and calming blues of the sea into your home, to create a sanctuary of your own.

French Provincial

Reflecting the charm and elegance of French countryside living, The French Provincial theme combines rustic and refined elements, offering a timeless and sophisticated aesthetic that embodies the romance of rural France.

Tropical Serenity

Evoking the lush, vibrant feel of a tropical paradise, the Tropical Serenity theme is bursting with life and colour, creating

an invigorating and exotic ambience that transports you to a far-off haven of relaxation and beauty.

Farmhouse Bliss

Celebrating the cosy, welcoming feel of farmhouse life, the Farmhouse Bliss concept features warm and earthy tones, natural materials and a homely, inviting charm that makes every day feel like a sunny retreat.

The Summer Symphony collection boasts a wide selection of elegant furniture and décor pieces designed to capture the chilled out spirit of summer in every corner of your home. The collection offers versatile, stylish pieces that cater to both the aesthetic and functional needs of your family, offering you beauty and comfort in equal measure. Filled with natural materials like wood, rattan, and tactile fabrics, the soothing colour palette of blues, greens, whites and earth tones perfectly echoes the ease and serenity of the season.

You can also expect a seamless and enjoyable shopping experience, both online and in stores, with detailed product descriptions and friendly staff to assist you with anything you might need. Additionally, there is a limited-time DSS promotion, offering 25-75% off on the collection, along with surprises like gold coins, gift vouchers, cash backs and Sougħa rewards with every purchase.

So, refresh your spaces in style with 2XL Home's 'Summer Symphony' collection and transform your home into a haven of seasonal beauty and calm.

The collection is available at www.2xlhome.com or in 2XL Home stores located across the UAE.





KITCHEN DESIGN FEATURES YOU'LL LOVE

What makes a gorgeous kitchen? We look at nine décor concepts that are perfect for family life.

Contemporary kitchens are spaces where innovation meets elegance and practicality marries style. Not just workspaces, they're often the beating heart of a happy home - a place where function, atmosphere and family life come together. Here are some design elements making a splash that you might like to try for yourself!

THE ART OF MAXIMALISM

Gone are the days of sterile, minimalist kitchens - these days you're more likely to find families embracing the grandeur of maximalism. Think bold colours, eclectic patterns and a blend of textures. This concept is all about expressing your household personality and creating a space that feels vibrant and alive. Jewel-toned cabinetry, like emerald greens and sapphire blues, might be paired with intricate backsplashes featuring geometric patterns or hand-painted tiles. Open shelving adorned with an array of colourful ceramics, much-loved mugs and your favourite cookbooks can add a touch of organised chaos that is both charming and practical.



SUSTAINABLE CHIC

Sustainability is no longer a buzzword - it's a lifestyle. Modern kitchens are reflecting this shift with eco-friendly materials and energy-efficient appliances. Reclaimed wood for cabinets and countertops not only adds a rustic charm but also tells a story of sustainability. Bamboo, with its rapid growth and minimal environmental impact, is becoming a highly popular choice for flooring and accessories in family homes. Energy-efficient appliances, from induction cooktops to smart refrigerators, not only reduce your carbon footprint but also add a futuristic touch to your kitchen - something to be considered!

MARBLE MAGIC

Marble has made a big comeback, with a modern twist. This timeless material is being used in unexpected ways, from waterfall countertops that extend into dining counters, all the way to full-height backsplashes. The natural veining of marble adds a sense of movement and drama, making it a statement piece in any kitchen. Paired with minimalist cabinetry and matte black fixtures, it makes for a truly striking design element that feels both contemporary and classic.

THE WARMTH OF WOOD

Wooden elements are making a strong resurgence, adding warmth and texture to many modern kitchens. Whether it's through butcher block countertops, wooden ceiling beams, or custom cabinetry, this natural material brings a sense of comfort and homeliness that sets a lovely family atmosphere. Lighter woods, like oak and maple, are particularly popular, providing a fresh, airy feel that contrasts beautifully

with bold colours and sleek metals. The key is to balance wood with other materials to avoid an overly rustic look; think wood paired with marble, or wooden cabinets with sleek, metallic hardware.

AN OPEN LAYOUT

The open kitchen concept shows no sign of going anywhere, blurring the lines between cooking and living spaces in a way that evokes a really communal, sociable atmosphere at home. The idea is all about creating a seamless flow, allowing for easy interactions and a sense of spaciousness. Islands are brilliantly multifunctional hubs, serving as prep stations, dining areas and social gathering points. Large windows and glass doors enhance this open feel, bringing in natural light and creating a connection with your garden. For those who crave a bit of separation without sacrificing openness, partial walls or glass partitions could be the perfect solution.

BOLD BACKSPASHES

Backsplashes are no longer just practical - statement backsplashes now serve as a focal point of the kitchen. Whether it's with vibrant, patterned tiles, metallic finishes, or even custom murals, the backsplash is a place to let your creativity shine. It's an opportunity to infuse colour, texture and a little bit of personality into your kitchen without overwhelming the entire space.

STATEMENT LIGHTING

Lighting has transcended its functional role to become a key design element in modern kitchens. Statement lighting fixtures, from oversized pendant lights to intricate



chandeliers, are taking centre stage. These pieces are not just about illuminating your space, they're about adding a touch of glamour and sophistication. Industrial-style lighting with exposed bulbs and metallic finishes remain firm favourites, but this year we've also witnessed a rise in organic shapes and materials, like woven rattan and frosted glass, which add a softer, more artisanal feel.

PERFECT PANTRIES

With the continued increase in cooking and baking from our lockdown era, customised pantry spaces, with dedicated zones for different types of ingredients and appliances, are becoming far more common. Pull-out shelves, lazy Susans and labelled containers or jars not only make it easier to find what you need, they also add a sense of order and luxury.

COLOUR POP CABINETS

While white kitchens are timeless, 2024 is all about embracing colour. Vibrant, colourful cabinets make a lovely bold statement, from deep navy blues to rich forest greens - and even mustard yellows. These hues add personality and warmth, transforming your kitchen into a lively, inviting space. For those who prefer a more subtle approach, two-tone cabinets - with a darker shade on the lower cabinets and a lighter hue above - offer a balanced yet dynamic way to go about this.

These ideas are all about blending functionality with personal style. Whether you're drawn to the bold and vibrant, or the sleek and sustainable, there's a concept here to inspire every family's taste, helping the kitchen truly be the heart of the home!

GOOD LIVING



The Editor's favourite beauty products this month; back-to-school fashion and more!



INTRODUCING THE 'COTTON WONDERLAND' KIDS' COLLECTION

The new 'Cotton Wonderland' range features cosy, airy and high-quality cotton clothes.

SHEIN is a global online fashion and lifestyle retailer, offering apparel and products from a worldwide network of vendors, all at affordable prices. Headquartered in Singapore, SHEIN remains committed to making the beauty of fashion accessible to all.

The brand has now launched a special collection, 'Cotton Wonderland', for children between the ages of 0 and 7 years. Crafted primarily from 100% cotton and organic fibres, each product in the collection is carefully curated for mothers looking for soft, comfortable cotton clothes perfect for hot weather. These gentle, breathable pieces are thoughtfully designed for ease of use, offering mums exceptional value and lasting comfort for little ones, at incredible prices.



Colour and fun

The new collection features a range of stylish apparel primarily made with materials that are sustainable, safe and super soft, with every piece designed with kids' sensitive skin in mind. Showcasing a vibrant palette and playful patterns, the collection includes skirts, dresses, tops and bodysuits for girls, while for boys, there are t-shirts, shorts and suspender pant sets, with a wide variety of trendy styles on offer.

Launch day extravaganza

The collection was launched at a family focused event where SHEIN's VIP customers who regularly shop kids' wear from the website and app were able to review and touch actual products through different activities during the event. The guests also spoke with SHEIN's expert team to learn more about the new cotton range, sharing reviews and thoughts through creative workshops, do-it-yourself crafts and a playful guess challenge. There was also a chance to win goodie bags and special vouchers for all visitors.

Exciting offers

Available exclusively on their website and app, SHEIN will offer a special discount of 20% on the new collection until August 11th, alongside a chance for early shoppers to win exciting extra gifts, on a minimum spend of AED 195, while stocks last!

The collection is now available online at <https://ar.shein.com/trends/Cotton-Wonderland-sc-0061625006.html>.



The temperatures are sky high out there! My top picks for August are highly influenced by the scorching sunshine, focusing on keeping skincare and makeup non-comedogenic and helpful in the heat!

MAXIMISE YOUR SUMMER SKIN WITH MINIMALIST



The hot weather means that you have to adapt your skincare accordingly...and I've found just the thing! I won't get too graphic about how the heat and humidity can play havoc with skin, but if you're looking for effective products to protect your face against the challenges of the summer, I recommend these three skincare savers from Minimalist. My

recommendations include a gentle cleanser, a lightweight cream and a hydrating moisturiser, all of which have a beautifully 'clean' feeling on your skin, even in the heat.

The main reason I like Minimalist is that their formulations are backed by proven research and are non-comedogenic, fragrance and cruelty-free. So, here are my recommended must-haves...

Salicylic Acid + LHA 2% Face Cleanser

One of the major skin issues during summer is excessive oil production due to sweat, which can lead to acne. This daily, gently exfoliating, acne-fighting cleanser contains 2% BHA + LHA (salicylic acid + capryloyl salicylic acid) to deeply cleanse, unclog pores and reduce sebum, without drying the skin. It also includes zinc, an antibacterial ingredient that helps reduce acne-causing bacteria, as well as oat extract, known for its skin-soothing and barrier-protecting properties.

Sepicalm 3% Oats Moisturiser

Excessive sun and heat exposure during summertime can aggravate the skin. This lightweight moisturiser hydrates, soothes and softens skin without leaving an oily, shiny or heavy residue. What makes it unique is the combination of amino acids (glycine, glutamic acid, aspartic acid, and alanine) and minerals that soothe skin irritations and also calm any redness caused by UVA and UVB.

Ceramides Bisabolol Face Cream

This is an everyday moisturising cream with five ceramides, designed to restore and repair your skin's natural barrier and prevent water loss. Bisabolol is the perfect ally for very sensitive or dry skin. It has been proven to significantly reduce proinflammatory mediators after UV stress, efficiently suppress redness on UV-damaged skin and generally soothe your complexion. It also contains asiaticoside which further helps to calm skin, and aquaporin boosters, for intense hydration. It's best suited to normal or dry skin.

You'll find Minimalist products in UAE and KSA online at FACES, Namshi, Nysaa, Amazon, Noon, 6th Street and Noon Minutes. You can also shop the range at Nysaa and 6th Street stores, and soon at Life Pharmacy.

Visit their website at www.global.beminimalist.co for further information.



AUGUST MAKEUP MUST-HAVES!



Flormar Vitamin Bomb Serum & Primer



RMS Legendary Lipstick



RMS SuperNatural Serum Sunscreen



Flormar The Skin Lifting Foundation



The Dewy Lip Glaze by Flormar



RMS Buriti Bronzer

It's hot out there, so let's roll with it! I'm sharing six little wonder products by Flormar and RMS Beauty to include in your makeup bag, for easy-peasy fresh-faced radiance no matter the temperature!

Start strong

I recommend starting with the Vitamin Bomb Serum & Primer (AED 55) from Flormar, which quickly adapts to your skin texture, providing a silky finish and vibrant look that lasts for hours. Enriched with vitamins B, C and E, collagen and antioxidants, this makeup base revitalises and moisturises your face, making it perfect for dry skin in this hot summer weather.

Sheer coverage

Even, correct and protect your complexion in an ultra-lightweight way with the SuperNatural Serum Sunscreen (AED 175) from RMS Beauty. Perfect for those looking to let their skin breathe in this heat, this SPF 30 broad spectrum sunscreen is available in three ultra-sheer tints. More than just a protective sun lotion, this SPF is powered by the brand's radiance boosting GlowPlex, a nourishing blend of peptides that promise to smooth, firm and brighten your skin - ideal!

Velvet skin

For more coverage, I'd go with The Skin Lifting Foundation (AED 89) from Flormar. Packed with niacinamide, herbal collagen and hyaluronic acid, this creamy textured foundation promises anti-aging care, while creating a beautiful 'velvety' effect on your skin - perfect for all of your fun summer events!

Sun-kissed glow

The award-winning, hydrating Buriti Bronzer (AED 115) from RMS Beauty

is a cream bronzer that gives skin an authentically sun-kissed look, for a natural, effortless glow. A true multi-tasker, this bronzer nourishes and hydrates your face while giving you a really gorgeous complexion. I apply it on high points of my face, as well as across my shoulders for an evening look.

Lovely lips

Their Legendary Lipstick (AED 149) is a first-of-its-kind lipstick and lip stain serum that creates fully saturated, long lasting coverage with just one swipe - the perfect way to wrap up your look. The super lightweight, yet deeply pigmented water-based formula works hard to hydrate, smooth and revitalise your lips with a satin finish. I absolutely love this product for a more dressed up look, without needing to wear a heavy face of makeup in the heat.

A dewy finish

The Dewy Lip Glaze (AED 35) by Flormar is a gorgeous way to add a little sheen to your look for everyday wear, without it looking sweaty or heavy. It comes in twenty different colour options, as well as metallic, pearlescent and glass shine finishes, adding a touch of brightness to your face - while the superstar qualities of shea butter also keep your lips moisturised and soft in this dehydrating heat! I love that it offers long-lasting shine without feeling icky-sticky, making it the perfect choice for this summer.

These six products are incredibly versatile, easy to apply and work wonderfully for radiant, dewy makeup that withstands the weather!

Flormar products are available at all Centrepunkt Lifestyle locations. RMS Beauty can be found at www.theseekskin.com and Watson's.

EDITOR'S BACK-TO-SCHOOL FASHION PICKS

With the new school year right around the corner, here are my recommendations to make sure your child has their uniform and footwear ready to go!

STEP OUT IN STYLE WITH ECCO SHOES



Ready to give kids the best start to their school year? ECCO, a brand familiar to most mums, has announced its new back-to-school collection. Featuring modern and functional designs for all-day comfort in and out of the classroom, prices begin at AED 379.

Renowned for its commitment to quality, comfort and innovative design, ECCO's range allows young students to step into the new school year with confidence and style!

Functionality and fashion

Designed with both parents and children in mind, ECCO understands the importance of supportive, durable footwear for growing feet, crafting excellent shoes without compromising on style. The collection showcases a wide range of designs suitable for school and casual wear, so every little one can find a pair to match their personality and needs.

Quality and support

ECCO believes that children's shoes should provide more than just style; they should also support little feet. Crafted from high-quality materials, including soft leathers and breathable textiles, these are shoes made to last. Each pair is designed to offer excellent arch support and cushioning, keeping young feet secure and happy.

Ultimate comfort

The FLUIDFORM™ Direct Comfort Technology integrated into the entire range ensures a perfect balance of cushioning and rebound, for all-day comfort and proper support. This technology is combined with flexible soles and ergonomic designs, allowing for lots of natural movement - reducing children's fatigue during their long days in the classroom.

Sustainability

Committed to sustainable practices, ECCO's collection is made with environmentally responsible processes, ensuring that every pair of shoes not only cares for your child's feet, but also for the planet they live on!

Check out the new collection at ECCO stores across the region or shop online www.ecco.ae/en/.

CRISP CLASSROOM CLASSICS WITH MARKS AND SPENCERS

M&S school uniforms are comfortable, easy to clean and crafted from breathable, durable cotton fabrics. Their new back-to-school offering includes all the essentials, such as shirts, polos, trousers, skirts and pinafores. Their stayNEW™ advanced fabric technology keeps children's clothes looking fresh all day by minimising bobbling and colour loss, while their crease-resistant technology ensures your little one looks smart throughout the school week. M&S trousers, skirts and shirts are also equipped with high-quality zips and smooth button fastenings, for a seamless morning routine and long-lasting wear.

M&S also offers multipack options, giving parents an extra school outfit as a backup for



mishaps or a mid-week change. The 3-pack 'Girls' Easy Iron School Shirts and the 2-pack

'Pleated School Pinafore' are must-haves in every girl's school wardrobe, while boys can opt for the 2-pack 'Boys' Regular Leg School Trousers', paired with the 2-pack 'Boys' Non-Iron School Shirts'. Afterall, it's always good to be prepared!

Lastly, this new term, embrace sustainability by recycling your child's preloved school uniforms at Marks & Spencer's Shwopping boxes, to receive AED 30 off when you spend AED 150 on clothing.

Explore the school range at www.marksandspencerme.com/en-ae/1/kids/school-uniform.

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