

ISSUE 159 | SEPTEMBER 2024 | DHS15

Mother Baby & Child

**EATING FOR
ACADEMIC FOCUS**

**CREATING A
PET-FRIENDLY HOME**

**WHY HUGGING
BOOSTS BABIES' BRAINS**

**TECHNIQUES FOR A
GOOD NIGHT'S SLEEP**

**HOW KIDS HANDLE
THE FIRST SCHOOL TERM**

RHIAN ADAMS

**ON MOTHERHOOD, RESILIENCE
AND HER INCREDIBLE
FITNESS CAREER!**



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EDITOR'S LETTER

Hello Mum!

Going back into the classroom after summer is a shock to the system and you'll notice a big difference to your child's responsibilities and routines. It's a period of change and I know you want to do everything you can to make this as easy as possible! With that in mind, you'll find ten tips on page 28 for a smooth transition into the academic year for all the family. Later in the magazine, we delve into how kids of different ages experience the first term, taking stock of the emotions and pressures they might be feeling, so make sure to check it out on page 39!

Sticking to the back-to-school theme, we look at eating for better focus - a very important piece of the puzzle when it comes to feeling sharp in the classroom! What's on a child's plate has a profound effect on their concentration and general learning experience, so it's vital to give your kids the right foods as they face the demands of school. Flip to page 22 to read all about it.

Our cover features the incredible mother and fitness entrepreneur, Rhian Adams. A professional athlete, renowned postnatal trainer and single mother to two young children - including a son with serious additional needs - she was recently awarded 'Woman Of Inspiration 2024'. This month Rhian shares her story with us, her incredible resilience inside and outside of the gym, as well as her goals for the future. Head to page 16 to get the interview in full.

Many women I've spoken to experience some amount of fear that they might not be 'good enough' as a mother, but this is actually not the case at all. Make sure to take a look at our piece on parental guilt on page 25, as we discuss the root causes and how to work through these thorny feelings as they arise.

Elsewhere in the magazine, there's a fascinating article on page 36 that examines the impact hugging has on babies' brains. Everyone knows that it feels natural - even calming - to hold our little one close, but the extent of the cognitive, emotional and developmental impact may still surprise you. We also explore the link between gut health and teenage skin troubles on page 9, and on page 46 there's a rundown of how to create a pet-friendly home, so your furry companion is always safe and your space doesn't suffer with any avoidable wear and tear from overenthusiastic paws.

Turn to our Good Living section on page 48 to read about the keratin-rich shampoo and conditioner that makes tresses shine, the three everyday perfumes I'm loving right now and the new player in high-performance organic skincare.

There's lots more for you to discover in this issue, so I'll leave it here and simply wish you a smooth back-to-school month!

Happy reading!

Editor

Mother, Baby & Child Magazine



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Editor's — PICK —

CELEBRATE 'CREAMY MONDAY' AT TANIA'S

Escape the hustle and bustle of a typical Dubai Monday with Tania's irresistible new start-of-the-week offer. For just AED 65 per person, you and your loved ones can savour unlimited freshly baked scones served with a delectable array of jams and clotted cream, alongside a continuous flow of your favourite tea - the perfect atmosphere for a good old catch up with your nearest and dearest. But why stop there? If your gang is feeling peckish, you have the option of adding a selection of six delectable finger sandwiches for just AED 35.

The generous three-hour time slot means you'll have plenty of time to properly unwind and enjoy the moment together. Whether you're catching up with friends, celebrating a special occasion, or simply enjoying a little treat, Tania's 'Creamy Monday' offer is a great way to start your week with a touch of sweetness!

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KEEP HAPPY MEMORIES CLOSE WITH INSTAX!

I've always loved the appeal of real, printed photos and the spontaneous feeling that analogue cameras give me! With all the beginnings that the back-to-school period brings, I think it's a great idea to have one on hand this month.

Fully loaded with easy-to-use modes and controls, the playful, compact INSTAX Mini 12 camera is chic, simple and exceptionally fun, making it perfect for capturing precious moments in real time. Born for selfies, it boasts a perfectly positioned mirror, a close-up mode and the excitement of watching your adorable credit-card sized photos instantly print! Featuring automatic exposure and flash control, all you do is aim and click. There's no messing around with settings needed; just joyful one-off photos every time.

Even better is the INSTAX Mini 12 Gift Box (AED 479), which includes everything you need to start snapping immediately - a pack of Fujifilm Instax Mini Film, a protective carrying case and a cute photo album for treasuring your prints. The ideal camera for capturing moments that matter!

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THINGS TO DO



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to enjoy; Afghani afternoon
tea and more!



FAMILY MEDITATION AT THE WELLBEING SANCTUARY

In a world where stress and distractions seem to be everywhere, most parents are always on the lookout for ways to help their children navigate life calmly. In light of the new school year and all the worries it can bring with it, The Wellbeing Sanctuary is offering a unique opportunity for families to come together and embrace mindfulness through a shared meditation experience, aptly called 'Bonded Bliss'.

A group affair

Launching on September 4th, The Wellbeing Sanctuary will offer a group guided meditation for both parents and little ones. Led by a certified meditation teacher with over 34 years of experience, it includes a 45-minute group meditation, as well as light snacks to enjoy afterwards for all participants.

Parents and children welcome

Meditation is no longer just for adults looking to unwind after a long day - it's a powerful tool for balance that can be introduced to children, even at a young age. By meditating alongside their kids, parents will set an example of self-care, emotional regulation and inner stillness. Little ones naturally mimic their parents, so when they see mindfulness being practised regularly, they are far more likely to integrate it into their own lives. This shared practice brings parents and their little ones closer, and helps children grow into more resilient, grounded little characters.

So, if you're ready to embark on this journey of mindfulness with your child, make sure to reserve your spot at 'Bonded Bliss' and enjoy all it has to offer, as a family.

Dates: 1st and 3rd Wednesday of the month at 6:30 pm

Price: AED 200 for 1 adult and 1 child (aged 6 to 15 years)

Location: Mardoof Complex, Safa 1, Dubai

For bookings or more information, contact
admin@yourwellbeingsanctuary.com or
call +931 (0)4 570 7236.



SAMPLE EXQUISITE SPANISH CUISINE AT LA NIÑA

La Niña is hosting an exclusive dining adventure with 'La Niña Experience', priced at AED 550 per person. This exceptional offering features twelve plates, each representing a unique journey through the rich culinary heritage of Spanish and Iberian cuisine.

The seasonal menu is a curated selection of their finest dishes, providing a personalised dining experience that you and your loved ones will thoroughly enjoy. Each plate combines traditional ingredients with unique textures and techniques, to create bold, complex flavours. The menu explores the richness of traditional Iberian cuisine, enhanced with zesty spices and refined recipes. This dining experience is perfect for the discerning foodie out there who enjoys signing up to a unique culinary experience!

For a minimum of two guests, dinner reservations can be made from Sunday to Wednesday until 10:30 pm, and from Thursday to Saturday until 11:30 pm. So get together with your family or friends and savour the finest tastes of Spain!

For more information or reservations,
contact +971 (0)4 395 1300.

TEPFACTOR - THE ULTIMATE ADVENTURE



The TEPFactor experience is the first of its kind to arrive on the shores of Dubai, in the form of a fun-filled adventure designed for everyone to enjoy. Expect rushes of adrenaline, hours of laughter and a deep sense of satisfaction from overcoming trials.

Put your skills, logic and fitness to the test at TEPFactor, where teams can compete across 21 challenges and four categories. Perfect for kids aged eight and up, this thrilling indoor adventure park will have you climbing, crawling, balancing and solving a series of obstacles. It's a great activity for birthdays or playdates; you only need two to six players, and you can create up to 18 teams simultaneously. TEPFactor is also located next to a wide range of family-friendly eateries at JBR, making for a perfect post-challenge pit stop to refuel.

Location: Bahar Plaza, JBR The Walk

Price: AED 79 for kids between 8 and 11, AED 99 for kids 12 and up

THE PAMPERING YOU DESERVE AT LUSH



The LUSH Spa has launched two new indulgent treatments in Mirdif City Centre, designed to bring you on a lovely journey of relaxation, rejuvenation and escape.

The Comforter? Treatment (AED 400)

The Comforter? is a 60-minute treatment that perfectly combines effective body care with playful escapism. This treatment starts with a warming hot chocolate body scrub formulated with ground aduki beans and illipe butter, to leave your skin soft and glowing. Following this, a silky rose body serum, enriched with enzymic tamarind and refreshing lime, is massaged into your skin using 'endless' massage techniques. The treatment boasts a cute ambience, taking place in a pink starlit room, with the soundtrack, specially created by Lush Fresh Handmade Sound, adding a playful twist of nostalgia and fun, leaving you happy and present. Afterwards, enjoy a delightful sparkling cotton candy mocktail that promises to keep your head in the clouds! This experience is perfect for those who need a gentle reminder not to take life too seriously, while enjoying the gift of an indulgent body pamper.

Tangled Hair Treatment (AED 200)

The Tangled Hair treatment is a 25-minute Japanese-inspired head and upper body massage, designed to help you drift into a deeper state of consciousness. Initially created to showcase Lush Spa treatments in Tokyo's Shinjuku Spa, this treatment uses a variety of techniques and

stretches inspired by traditional Japanese head massage to relax both your body and mind. Tangled Hair offers the rejuvenating effects of medium-to-firm massage techniques, focusing on the scalp, face, neck, chest, shoulders and arms. Warm mitts, cold stones and a minty temple balm further enhance the refreshing experience.

The carefully curated soundscape, featuring a Shakuhachi bamboo flute and celebrated Japanese violinist Midori Komachi, transports you to a deeper state of consciousness, making you feel as if you've just woken from a power nap!

For more details or to book your next treatment, visit www.lush.com/mena/en_ae/ or call +97145608545.

EXPLORE THE MUSEUM OF ILLUSIONS



The name might give some secrets away, but families are still in for many surprises at the Museum of Illusions! This unique and exciting space is dedicated to providing a fun, interactive and educational experience that challenges perception and inspires a little creativity. The museum features a variety of exhibits that use optical illusions, visual tricks and hands-on interactive displays to create a playful environment that engages visitors of all ages. Don't let your eyes deceive you as you venture through ten eccentric exhibits, whether walking like a bat on the ceiling of a room or serving your heads on a platter!

Fill your camera roll with unforgettable memories as you and your family explore these mind-bending experiences. If you have time, make sure to check out the wider Al Seef district for a dose of historical charm and culinary treasures, where you'll find no shortage of fun!

Location: Heritage Area, Al Seef, Dubai Creek

Price: AED 65 (3-15 years); AED 95 (Adults)

TRY AN ARTSY AFGHAN AFTERNOON TEA EXPERIENCE

Sometimes, all you want to do is take a break from the sunshine! This is where Kishmish comes in, with an enchanting 'Artsy Afternoon Tea'. Kishmish is the brainchild of Iman Nazemi, an Afghan restaurateur whose love for her land led her to embark on a journey of sharing her culture through home cooked food. Relish in the delicate sweetness of pistachio cream puffs and Afghan cookies, and the savoury goodness of a traditional vegetarian bolani. Sip on a comforting glass of tea, and indulge in the exotic flavours of mango rice pudding or mango sheer yakh. For those who want something new, there's also Kishmish's bun kabab, a take on the classic burger, and for drinks you can choose from the refreshing Afghan Mojito, Pink Tea or Afghan Green Tea.

The magic doesn't stop at the table. For a touch of artistry, you and your loved ones are invited to add a personal flair to your experience. For AED 30, take home a tote bag adorned with your unique touch, or paint a pot as creatively as you like. All the artistic tools needed will be provided, allowing you to simply enjoy yourself.

Iman sums it up best, saying, "Our Artsy Afternoon Tea is a celebration of the beauty found in both culinary artistry and personal expression. We invite you to savour these carefully crafted dishes and explore your own artistic side, for a memorable and heartfelt experience." So whether it's for a special occasion or just a novel time, afternoon tea at Kishmish is a must!



WELLBEING



An inspiring chat
with Rhian Adams on
motherhood, fitness and
adversity; techniques
for better rest; eating for
concentration and more!





TEENAGE SKIN: THE ROLE OF GUT HEALTH

It's hard to watch your tween or teen deal with the angst caused by hormonal skin issues. Did you know that their gut health could be a major factor?

When it comes to teenage skin, hormones often steal the spotlight. The sudden breakouts, the acne flare-ups - it's easy to blame it all on raging hormones. However, there's another, less obvious player in the mix that's just as important to consider as a parent, and that is the gut. It might not seem like the first place to look when dealing with your teenager's skin issues, but it's a powerful ally in keeping those hormones in check.

A HORMONAL ROLLER COASTER

During the teenage years, the body is a whirlpool of hormonal activity. The surge of androgens, particularly testosterone, increases sebum production which leads to the oily, acne-prone skin many teens know all too well. The erratic nature of these hormones can make the skin incredibly unpredictable, with breakouts appearing at the most inconvenient times.

However, hormones don't act alone. They're influenced by many factors, and one of the biggest is gut health. The gut, often referred to as the body's 'second brain', is home to trillions of bacteria that play a pivotal role in overall health, including hormone regulation.

THE GUT-SKIN AXIS

The gut and skin are deeply connected through what's known as the gut-skin axis. This relationship is a two-way street, where gut health can influence skin health and vice versa. A balanced gut microbiome (the diverse community of bacteria living in the digestive system) helps regulate inflammation, a key factor in skin health.



Inflammation is the body's natural response to injury or infection, but when it becomes chronic, it can cause serious skin problems. If the gut is out of balance, whether due to an overgrowth of harmful bacteria or a lack of beneficial ones, this can lead to systemic inflammation. That inflammation often shows up for teens as acne, eczema, or other dermatological issues.

HOW IT WORKS

A healthy gut keeps teenage hormones in check through a few key processes. Firstly, the gut microbiome helps with hormone production and regulation. Certain bacteria are involved in breaking down oestrogen, one of the key hormones that fluctuate during puberty. A well-balanced gut means that oestrogen and other hormones are processed correctly, reducing your child's chances of the hormonal imbalances that wreak havoc on their skin.

Secondly, the gut produces short-chain fatty acids (SCFAs), which have anti-inflammatory properties. These help reduce overall inflammation, keeping skin flare-ups like acne at bay. Additionally, a healthy gut boosts digestion and nutrient absorption, so your

child's skin gets the vitamins and minerals it needs to stay healthy and glowing during the ups and downs of puberty.

DIET AND LIFESTYLE

Given the gut's influence on hormone balance and skin health, it's vital to take care of it, especially during the turbulence of the teenage years. Here are some ways parents can help their teens keep their gut - and skin - healthy.

Eat well

Focus on giving your teen a balanced diet and encourage meals and snacks rich in fibre, fruits, vegetables and fermented foods like yoghurt and kefir. These foods support a healthy, diverse gut microbiome which is foundational for their wellbeing.

Less sweet treats

Cut back on sugar and processed foods where you can. These disrupt the gut microbiome in a significant way, leading to an overgrowth of harmful bacteria and increased inflammation.

Probiotics and prebiotics

Consider whether your teenager needs more probiotics and prebiotics. Probiotics are beneficial bacteria that can be taken as supplements or consumed through fermented foods. They populate the gut with helpful bacteria and balance out any bacteria that is causing harm. Prebiotics, found in foods like garlic, onions and bananas, feed these good bacteria.

Help manage stress

Stress can negatively affect gut health, and the teenage years are often full of it! Encourage your child to try stress-relief techniques as part of their routine, like exercise, journaling and plenty of sleep. These can make a world of difference!

A HOLISTIC APPROACH

Next time your teenager faces another breakout, it's wise to consider not just the creams and cleansers, but what's happening deep within their gut as well. Addressing teenage skin issues isn't about chasing the latest skincare trend or quick fixes. It's about understanding the body as a whole and recognising the profound connection between what's happening inside and what's visible on the outside. By looking after your teen's digestive health, you're laying the groundwork for balanced hormones, reduced inflammation and, ultimately, healthier skin.

EMOTIONAL SUPPORT

Parenting teenagers through the mental challenges of dealing with skin issues can be just as important as addressing the physical symptoms. Acne and other skin problems often take a toll on teens' self-esteem, leading to terrible feelings of insecurity and frustration. As a parent, it's hard to watch your child struggle with this level of self-consciousness. The best approach is to offer empathy and understanding, reminding your teen that they're not alone in this struggle - in fact, it's totally normal at this age and it will pass.

By looking into their digestive health, you may be able to get to an underlying cause, which can make all the difference in helping your teenager navigate the tricky journey of their adolescent skin challenges with confidence and resilience.

Coffee Alchemy

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Step into the world of barista-quality coffee with the Smeg Bean to Cup Coffee Machine in striking matte black, white and emerald green colourways. This sleek appliance boasts a built-in grinder and automatic milk frothing system, making it your ultimate all-in-one coffee companion. With its one-touch beverage selection, you can indulge in the perfect brew in seconds. The machine offers a variety of drinks including Espresso, Coffee, Cappuccino, Latte Macchiato, and even Hot Water for tea lovers. Maintenance is a breeze with a removable brewing unit and tank, ensuring your coffee experience is always fresh and hassle-free. Elevate your fresh brew, tailored to your taste, courtesy of Smeg's elegant and efficient design.



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MOTHERHOOD, FITNESS AND OVERCOMING OBSTACLES: AN INTERVIEW WITH RHIAN ADAMS

Rhian Adams, the incredible mother, athlete and award-winning personal trainer, shares her extraordinary story, from her career in pre and postnatal training, to parenting a child with extensive additional needs.

Rhian, it's so lovely to get this opportunity to chat to you! For any of our readers who don't know you already, I'll start with an introduction!

You will often find Rhian Adams lifting heavy weights at the gym, competing as an athlete, getting muddy and wet swinging across rigs in obstacle races and making it all seem natural and fun! The incredible mother and fitness entrepreneur is also a renowned pre and postnatal trainer, and single mother to two young children - including a son with serious additional needs. Her devotion and commitment has brought her many awards and accolades, including 'Personal Trainer Of The Year' three times at the prestigious UAE Fit Awards, as well as 'Fitness Influencer Of The Year 2023'. Most recently, she was awarded 'Woman Of Inspiration 2024'.

Can you tell us a little about your work?

I am a passionate fitness entrepreneur! I tutor a range of fitness courses for the leading fitness provider, Bodyhack. As a professional, I was recently awarded my 'Advanced Exercise Specialist' certification by RepsUAE and my qualifications include Level 4 'Strength and Condition' (specialising in obstacle races and bodybuilding), Level 4 'Lower Back Pain' and, of course, my specialty in pre and postnatal coaching. I'm also a certified Doula.

My clients, both men and women, are seeking something more profound than physical training and strength. They are in pursuit of life transformation, and this is what my programs are based upon. I love seeing my clients reap the benefits, both physically and mentally, as they gradually develop healthy habits and master them for life. Apart from coaching, I write health and fitness articles quite frequently, and share my knowledge through short reels on my social media.

There can be a lot of different advice out there for expectant mothers! How important is fitness during pregnancy?

I have a huge passion for guiding women through healthy pregnancies and becoming fit and strong as a mum after birth. Pregnancy and early motherhood is such a special stage in a

woman's life and it's a very beautiful journey for me to be part of. Only one in four pregnant women get the recommended amount of exercise, which is five half hour slots per week. Research has shown the wonderful impact that moderate exercise has on pregnancy - with an abundance of benefits for mum and baby. Multiple experts now suggest aerobic and resistance training during pregnancy, even if you haven't exercised before, or even if you have gestational diabetes.

Of course, I recommend you have an examination to check for things like pregnancy induced hypertension or any complications, especially if you're carrying multiples or are considered a 'high risk pregnancy', in which case there are advised guidelines on exercise and rest.

It's interesting, more and more gynaecologists are attending the pre and postnatal certification courses that I teach, to learn about the benefits of exercising during pregnancy, the precautions and misconceptions, as well as postnatal exercises to be free of aches, pains and injuries.

What are the benefits?

Training through pregnancy reaps so many rewards! Here are a few benefits you should tick off:

- ✓ Reduces aches, pains and risk of lower back pain
- ✓ Less likelihood of gestational diabetes
- ✓ Prepares you for labour and birth
- ✓ Improves sleep
- ✓ Prepares you for all the bending and lifting as a new mum
- ✓ Less unnecessary weight gain
- ✓ Preservation of lean mass
- ✓ Quicker return to strength and fitness
- ✓ Lower stress levels
- ✓ Increased circulation to help with cramping, swelling and varicose veins.
- ✓ Setting yourself up to become a fit mum, grandmother and even great grandmother!





What are your thoughts on postpartum exercise?

There is also a huge gap that needs to be filled between giving birth and returning to exercise, and this gap is the foundation of your future 'motherhood bulletproof body'. I cannot emphasise enough how important it is for a woman to be guided through some essentials with a coach, involving rehabilitation, recovery, core strengthening to heal abdominal separation, correcting static and dynamic posture, improving pelvic floor health and proprioception, as well as overall mobility and flexibility to open up the body.

If you return to exercise without this foundation built, you're at risk of injury, hernias, sprains, strains, stress fractures and worsening of your diastasis recti. Get an assessment with a pre and postnatal specialist and visit a pelvic floor physiotherapist BEFORE thinking of returning to your pre-pregnancy classes. It's a must!

You're writing a book, which is very exciting! Can you tell us a little more about it?

I am! My new book will be called 'Beautiful Bump To Bulletproof Body', so you can imagine exactly what it's about! It's due for release by the end of summer 2024. That's all I'll say for now!

How can people find out more information or make a booking with you?

You can connect and book with me via Instagram - @rhian_adams_athlete.

Your experience of motherhood has had many ups and downs. Could you talk to us about your parenting journey with your son, who has additional needs?

I have two adorable children, Samson and Seren! My four-year-old son has Angelman syndrome and I'm sharing my story to raise awareness, and to help other families in our situation who have not had a diagnosis yet.

First off, I want to explain what Angelman syndrome is. It's a rare and severe genetic disease that occurs in one in every 20,000 births. It's because a little bit of maternal copy of the Ube3a gene on chromosome 15 in the brain is missing or silenced and is characterised by severe developmental delay, severe intellectual disability and severe speech impairment. It comes with life threatening seizures and sleep disorders, and there is a huge laundry list of what a child with Angelman syndrome will never do - speak a word, walk independently, live alone etc. Along with this, they usually have a very happy demeanour, they are easily excitable, and are a huge joy to be around. Samson is pure joy. He is so sweet, so gentle, very social and SUCH a loveable character. Even at this young age, he is a bright and shining light in our lives.

How did you receive a diagnosis?

We started looking for answers around six months, when we realised he was missing milestones. He wasn't sitting up, crawling, reaching and grabbing anything. We talked to a number of professionals and fortunately, some months later, we got to see Doctor Haitham at

Al Jalila hospital, who did a full genetic screening and diagnosed Samson. Our lives came to a halt as we grieved, but it did give us an explanation for the differences we had noticed.

Since then, we have had 18 hospital admittances and over 30 hospital emergencies. The longest stint was for a whole month in intensive care when he had two severe bouts of pneumonia in a short space and it hit him hard. I didn't think he would make it but he did, and continues to do so with every struggle and medical battle he faces. He has had three surgeries, countless seizures and requires oxygen to recover from the most common viruses or bacterial infections.

Between his struggles Samson is making amazing progress! He learnt to sit up at 18 months, to crawl at two and a half years, and has recently started taking independent steps! He also responds to his name and three or four simple cues.

How did you approach accepting and adjusting to your son's diagnosis of Angelman syndrome?

This journey is hard. In the beginning I didn't think I was capable of being Samson's mum and navigating this journey or the challenges we would face. But I know deep in my heart and soul that I am called to be Samson's mother and that I AM capable of being what I need to be for him, and do what I need to do so he has the best life and reaches his potential. I believe Samson has a meaning and a purpose. He is created uniquely, just like each and every one of us.

Two years ago, I realised I needed to navigate this journey alone as a single parent. It's been tough and devastating, but I know God's hand is on us and there are so many people around us to help us in all that we are going through.

What practices do you do for Samson's physical progress?

We mobilise every joint in his body each morning which is so important to do daily, as his body gets jammed up quickly and easily. We activate his core and get his legs working independently, before taking his walker to do little spurts of walking - and are now working on uphill and downhill. The control going downhill is difficult for him but he loves the increased speed!

We also visit the play studio and work intensely on walking alignment, holding his hips while he moves, practising walking with assistance and then along the pool fence and corridor bars on both sides. It's all to build connections in the brain and give him independence to move around, which makes him so happy. He cannot talk to communicate with us when he wants something, but he has just started guiding me and pulling me with one hand to go where he wants to go, which is communication and it feels so good!

Additionally, we hit the stairs to climb on hands and knees, and also along the bars. It took Samson years to learn to crawl and was a huge celebration. Now he is crawling up the stairs and it's amazing to see!

How do you manage the sleep challenges?

Samson has his two seizure medications before bed along with vitamin B6 to counteract side effects, some melatonin, and water through the syringe. He will fall asleep with me and Seren reading a



book beside him. I sleep on the blow up bed next to them for a while, before going into my own bed around 11 pm to get a comfortable few hours. There's only so much sleep deprivation I can take before feeling unsafe on the roads and like I can't fully function - it affects literally everything. Twice a week I have a night nanny and I hit the pillow with tears of relief that I can sleep through the night without any thoughts of worry.

What advice would you give to other parents of children with Angelman syndrome?

I have a lot of faith in Samson's future. I'm starting with the belief that anything is possible and I will be expecting miracles. I have a lot of hope in the research and practice going on to find a cure for this. There are 23 therapeutic programs moving towards clinical trials and they have cured it in the laboratory, so it's really exciting that there is a cure on the horizon!

Brains are also capable of so much change. The more I learn about neurogenesis and neuroplasticity, creating new pathways and rewiring to help develop one's capabilities and gain new skills, the more faith I have.

Also, I definitely advise reaching out to parents in the same situation! It really helps to build connections with others and spend time together with those who understand the journey that you're on.

Rhian, you have such a brilliant attitude to adversity, motherhood, fitness and life in general. Thank you so much for speaking with us!

FIVE TECHNIQUES FOR A GOOD NIGHT'S SLEEP

Here are some practical things you can do each evening to fall asleep better and get higher quality rest.

Why is achieving a good night's sleep so difficult? For lots of us, life can be busy, and responsibilities and chores eat into the time we have to relax each evening. Screen time, unmanaged stress, over-caffeination and lifestyle habits all play a role in sending our circadian rhythm out of balance, making it harder to fall asleep and stay asleep through the night.

However, on the other side, good sleep hygiene, something that eludes most people, can go a long way to restoring this balance. This refers to any steps or practices that slot into your everyday routine and enhance your sleep quality, ensuring you wake up refreshed and ready to tackle the day! Wellbeing practitioners from Patina Maldives' award winning FLOW Spa, have shared some expert tips to consider as you experiment with a sleep routine that works for you. These practical strategies, from dietary choices to relaxation techniques, will help you drift off more easily and enjoy a deeper, more restorative slumber.

EAT RIGHT AND SLEEP TIGHT

The timing of your dinner and snacks can significantly impact your sleep quality, far more than most of us realise. While a grumbling stomach can be distracting enough to keep you awake, an overly full stomach can play



havoc with your sleep quality. So, the best approach is to eat your dinner two to three hours before bedtime and snack very lightly. If you must eat right before bed, a small, healthy bite, such as a piece of fruit and a slice of cheese, should keep you satiated until breakfast.

Some people find that incorporating certain foods into their evening meal and snacks can help them unwind and fall asleep faster. Kiwis, cherries, milk, fatty fish, nuts and rice are rich in nutrients that support the production of sleep-regulating hormones, making them perfect additions to any dinner or pre-bedtime snack.

HERBS AND TEAS

Herbal teas like chamomile, lavender, valerian root, passionflower, lemon balm, ashwagandha, tulsi, ginger, and mint have long been revered for their calming properties. Each of these teas offer compounds that help you unwind and slow down, so drinking one cup about 45 minutes before bed should induce sleepiness. Experiment with which one works best for your body and treat yourself to a regular hot drink before bed. Not only will it chemically help you ease into



bedtime, the routine will also begin to serve as a signal to your brain that it should get ready for sleep. Additionally, chamomile or lavender essential oils, when diffused in the air, release a subtle floral aroma that have a calming and relaxing effect on the mind. Incorporating your favourite of these into your nightly routine can create a soothing atmosphere in your bedroom, conducive to deeper rest.

BEDTIME BREATHING

Activities that switch on the body's natural relaxation response feel great and greatly improve sleep. Breathing exercises fall into this category and are an underrated tool for reducing anxiety and promoting relaxation before bed. When we're experiencing stress, our sympathetic nervous system, responsible for the fight-or-flight response, is overly active. Due to hectic lifestyles, this happens more than you'd suspect, leaving you overstimulated at bedtime and not at all ready to transition into sleep. In more extreme cases where someone is 'stuck' in this state, they suffer with too much cortisol and adrenaline, often making them feel overdrawn throughout the day and overly alert at nighttime.



The 4-7-8 breathing technique, also known as the 'relaxing breath' can help. It involves a rhythmic pattern of inhaling, holding your breath and exhaling and has been shown to activate your parasympathetic nervous system. This system reduces sympathetic activity and is responsible for 'resting and digesting', putting your mind and body into a calm state where it is far easier for you to fall asleep. To practise, exhale completely through your mouth, then inhale quietly through your nose for a count of four, hold for a count of seven, and exhale slowly through your mouth for a count of eight. Repeat this cycle around six times before returning to normal breathing.

PROGRESSIVE MUSCLE RELAXATION

Progressive muscle relaxation (PMR) is a really effective method for reducing physical tension that you may be unknowingly holding in your body from the day. This technique involves tensing and then relaxing different muscle groups in the body. To do it, simply find a comfortable position either sitting or lying down in bed - just somewhere you won't be disturbed for 10-15 minutes. Focus on each muscle group, tensing for five seconds while breathing in, then releasing and relaxing. Repeat the process for each of your muscle groups, starting with the muscles in your head, neck and face and then moving down to your shoulders, hands and arms, your back, stomach and legs. Repeat this process with any areas that still feel unrelaxed, gradually using less tension each time. This practice is so simple but can help you release the day's stress and prepare your body for restful sleep.

A WARM SOAK

Taking a hot shower or bath 90 minutes before bed can significantly improve your ability to fall asleep. Not only does the warm water help you unwind and release any physical aches and pains, as your body cools down afterward, it helps your circadian rhythm to signal that it's time to sleep. This cooling-down process promotes a natural decline in your core body temperature, which is essential for falling asleep quickly and enjoying a deep, restorative sleep.



EATING FOR BETTER FOCUS AT SCHOOL

As the new school year unfolds, it's important to ensure that children are equipped with the right nutrition to enhance their focus and energy levels.

As the school year gets into full swing, parents and children alike are navigating the bustling routine of homework, extracurriculars and early mornings. One often overlooked factor that can make a significant difference in your child's academic performance is their diet. Believe it or not, what's on their plate has a profound impact on their focus, energy and overall learning experience at school. So, let's dive into how you can boost children's concentration with a few tasty, nutritious tweaks!

START WITH BREAKFAST

A balanced breakfast fuels your child's brain, kick-starts their metabolism and sets them

up for a productive day ahead. Try to opt for complex carbohydrates like whole-grain cereals or porridge, paired with proteins such as eggs or Greek yoghurt, for slow-releasing energy that avoids a crash. Adding a handful of berries or a banana can provide the perfect dose of vitamins and natural sugars for some extra sustained energy.

EMBRACE OMEGA-3

When it comes to brain health, omega-3 fatty acids are a must. These healthy fats play a big role in cognitive function and memory. Incorporating some omega-3-rich foods into your child's diet will keep their brain sharp

and ready for learning. Oily fish like salmon or mackerel are excellent sources, but if fish isn't a favourite, try adding chia seeds or walnuts to kids' meals. These small but mighty ingredients can make a big difference in their focus and overall brain health.

POWER UP WITH PROTEIN

Protein isn't just for building muscles, it's also vital for clear cognition. Including protein-rich foods in your child's meals and snacks will help them maintain stable energy levels and enjoy improved concentration. Lean meats, dairy products, nuts and beans are all brilliant choices. For a quick and nutritious snack, consider homemade protein bars or a handful of almonds. These not only keep hunger at bay (as protein is incredibly satiating), they also provide a steady supply of brain-enhancing nutrients.

HYDRATE PROPERLY

Even mild dehydration can impair concentration and memory, so it's really important to ensure your child stays fully hydrated. Water is the best choice for quenching thirst and keeping their brain at its

best, so encourage your little one to drink water throughout their day, and offer water-rich fruits like watermelon and oranges as snacks.

CHOOSE WHOLE FOODS

It's tempting to reach for sugary snacks and drinks for a quick energy boost, but these can lead to energy crashes and reduced focus very quickly. Instead, aim for whole foods that provide sustained energy. Fresh fruits, vegetables and whole grains are not only bursting with nutrition, but also help keep blood sugar levels steady. Carrot sticks with hummus, apple slices with peanut butter, or whole-grain crackers with cheese are great alternatives to sugary treats.

SAY HELLO TO SUPERFOODS

Certain foods are known for their brain-boosting properties. Blueberries, for example, are packed with antioxidants that can enhance cognitive function, and dark leafy greens, like spinach and kale, are rich in vitamins and minerals that support brain health. Adding a variety of these superfoods to your child's diet can provide an extra edge in their focus and learning capabilities.

VITAMINS FOR CONCENTRATION

Vitamins are vital for maintaining good concentration. B vitamins, found in whole grains, eggs and dairy, are involved in energy production and brain health, helping regulate neurotransmitters, which are central to mood and focus. Vitamin C, abundant in fruits like oranges and strawberries, supports cognition and helps reduce mental fatigue. Additionally, Vitamin D, which can be obtained from sunlight and fortified foods, plays a significant role in brain development and function. Including these vitamins in your child's diet can help keep their mind sharp throughout the school day.

MINERALS FOR FOCUS

Minerals are another big component for maintaining focus and energy levels. Iron, found in lean meats, beans and fortified cereals, is essential for oxygen transport in the blood and can prevent fatigue, while improving concentration. Zinc, present in nuts, seeds and dairy products, is great for overall learning and memory. Magnesium, found in leafy greens, nuts and whole grains, regulates brain function and reduces stress. If you can make sure your child gets these essential minerals, you'll greatly enhance their ability to stay focused and energised during school hours.

BALANCED LUNCHES

A well-balanced lunch is one that includes a mix of complex carbs, proteins and healthy fats. Think whole-grain wraps with lean turkey and avocado, or a hearty quinoa salad with mixed vegetables and chickpeas. By avoiding overly processed foods and including nutrient-dense ingredients, you'll ensure your child stays engaged and in top form during their afternoon classes.

AFTER-SCHOOL SNACKS

After a long day at school, your child might feel a bit peckish. Instead of reaching for sugary snacks or chips, offer healthier alternatives. A



smoothie made with yoghurt, fruit and a handful of spinach can be both tasty and nutritious, and homemade trail mix, with nuts, seeds and dried fruit, is another fantastic option. They provide a mix of protein, healthy fats and natural sugars to keep kids' energy up so they can tackle their homework in a good mood and with plenty of motivation.

SET AN EXAMPLE

Children often model their behaviour after their parents. By maintaining your own healthy eating habits, you will set a positive example for your little one to follow. If you can make family meals a time for everyone to enjoy nutritious food together, and involve your child in meal planning and preparation, you are practically guaranteed that they will eat well at school without much hassle.

KEEP THINGS FUN

Eating healthily doesn't have to be boring, especially if you let your child choose and prepare colourful fruits and veggies, or create fun, healthy recipes together. When food is enjoyable and engaging, your little one is more likely to embrace it and reap the full nutritional benefits.

Adding these foods into your child's daily diet can have a really remarkable impact on their focus and overall classroom performance, enhancing their concentration and helping them to do their best academically!

PARENTING



Tips for a successful school year; how hugging changes babies' brains; magazine-making magic at Hamleys and more!





LETTING GO OF PARENTAL GUILT

Feeling like you're not doing well enough as a mother is an experience that many women suffer with. How can you dismantle this difficult feeling?

Guilt is something that nearly every parent will experience at some point. Whether it's the nagging feeling that you're not doing enough or the worry that you're doing it all wrong, guilt can creep into your mind and settle in, making even the most confident parents doubt themselves. But here's the truth - parental guilt is often based on unrealistic expectations and, more importantly, it's something you can learn to manage. So, how can you liberate yourself from this negative cycle of emotions and distance yourself from any impossible expectations you might have placed yourself under?

WHERE DOES GUILT STEM FROM?

Parental guilt often comes from the high standards we set for ourselves. In a world where social media constantly showcases perfect family moments and society puts pressure on parents to 'have it all', it's easy to feel like you're falling short. Perhaps you're working full-time and worry you're not spending enough time with your little ones. Maybe you gave in to screen time after a long day, or you lost your temper during a stressful moment. These situations can trigger 'mom guilt' because they conflict with this idealised version of parenthood we all have in our minds.

ADVICE OVERLOAD

There's also the societal pressure to conform to certain parenting ideals. We are bombarded with advice from well-meaning friends, family members and endless experts, each with their own views on what 'good parenting' looks like. Whether it's breastfeeding versus bottle-feeding, stay-at-home parenting versus working outside the home, or strict discipline versus gentle parenting, the sheer number of choices can leave you feeling like you're always making the wrong decision.



However, it's essential to recognise that these ideals are often unrealistic. No one is perfect, and the pursuit of perfection can be more harmful than helpful. Children don't need perfect parents - they need loving, attentive ones who try their best. The key is to understand that guilt is a natural response, but it doesn't have to control your actions or define your parenting journey.

YOUR MENTAL HEALTH

Parental guilt can have a profound impact on your mental and emotional wellbeing. Constantly questioning your decisions and feeling like you're not measuring up can lead to chronic stress, anxiety and even depression. When you're stuck in a cycle of guilt, it's easy to lose sight of the bigger picture, focusing on any minor mistakes or perceived shortcomings instead of celebrating your successes.

The effect on others

These feelings can also strain your relationships. When you're consumed by guilt, you might find it hard to be fully present with your children or partner, leading to a sense of disconnection. Over time, this can create a negative feedback loop, where your guilt leads to more stress, which in turn fuels more guilt.

CHALLENGE YOUR EXPECTATIONS

A starting point to combating parental guilt is to challenge the unrealistic expectations you've set for yourself. Begin by acknowledging that perfection is unattainable. Everyone makes mistakes and that's okay. Instead of striving to be the ideal parent, aim to be a good one - you'll soon find that this shift in mindset can be incredibly freeing.

SOCIAL MEDIA

Another important step is to tune out external pressures. The curated images of perfect families on social media never tell the whole story. Everyone has their struggles, and comparing yourself to an unrealistic standard is a recipe for dissatisfaction. Encourage yourself to bring your focus back to your own family's needs and circumstances, rather than trying to live up to someone else's ideal.

WHAT MATTERS TO YOU?

It's also helpful to revisit your own values and priorities. What kind of parent do you truly want to be? What values do you want to instil in your children? By clarifying your own parenting goals, you can better filter out the noise from outside influences and make decisions that are in line with what matters most to you.

PERFECTION ISN'T REAL

Embracing imperfection doesn't mean lowering your standards; it means being kinder to yourself when things don't go as planned. If you lose your temper, acknowledge it, apologise if necessary and move on. If you have to work late, remind yourself that you're providing for your family and quality time matters more than quantity.

Leading the way

It's also important to recognise that mistakes might actually be opportunities for growth for both you and your children. When you mess up, you show your kids how to handle mistakes with grace and resilience. Apologising to your child when you're wrong shows them that it's okay to be imperfect and that taking responsibility is what is important.

Be kind to yourself

Practising self-compassion is another huge step along the road to managing parental guilt. Raising kids is hard work and you're doing the best you can! Treat yourself with

the same kindness and understanding that you would offer to a friend in a similar situation - after all, you're trying, learning and growing.

THE IMPORTANT PART

At the end of the day, what matters most is the love and connection you have with your children. They won't remember whether you gave them organic snacks every day, but they will remember how you made them feel. With this in mind, try to prioritise spending meaningful time with your little ones, actively listening to them and being present. It's these moments that shape their childhood and your relationship with them.

The bigger picture

To focus on what truly means most, it can be helpful to regularly take a step back and reflect on the bigger picture. Are your children healthy, happy, and loved? If the answer is yes, then you're doing a great job. Don't let those small slip-ups or any perceived failures overshadow the positive impact you're having on your little ones' lives.



Celebrate your victories

Another way to shift your focus is to celebrate your parenting wins, no matter how small they might seem. Did you make your child laugh today? Did you manage to stay calm during a tantrum? These moments are victories and recognising them can help balance out the negative feelings that guilt often brings.

Parenting is a journey, not a destination. There will always be ups and downs, but each day is an opportunity to learn and to strengthen your bond with your children.

ASK FOR HELP

If you find that parental guilt is overwhelming and it's genuinely affecting your wellbeing, it's important to seek support. This might mean talking to a trusted friend, joining a parenting group, or seeking professional help. Sometimes, just sharing your feelings with others who understand can be incredibly reassuring.

Professional support

Therapists or counsellors can also help you work through your pervasive feelings of guilt and develop strategies for managing them. They can offer a neutral perspective and help you challenge negative thought patterns that might be contributing to why you feel this way.

Ultimately, letting go of parental guilt isn't about ignoring your responsibilities or being complacent - it's really about recognising that you're human. So, ask for help and keep what's important in mind, because you deserve to free yourself from the burden of guilt and enjoy the journey of parenthood with confidence and joy. You're doing great!





TEN PARENTING TIPS FOR A SUCCESSFUL SCHOOL YEAR

Here are our top tips for a healthy, smooth and productive transition into the new school year for all the family.

As the school year kicks off, it's a time of mixed emotions for both parents and children - exciting, yet nerve-wracking. The shift from the relaxed pace of summer to the bustling routine of school can be a lot to manage. To ensure a smooth transition and a productive year ahead, here are our top ten tips to help your child stay organised, energised and ready for success.

STICK TO A STEADY ROUTINE

Children thrive on consistency and a regular routine is fundamental to give them a sense of security. Establish set bedtimes, wake-up times and meal times to help your little one's internal clock stay on track. A steady routine will not only improve their focus during

school hours but it will also ensure they get the restful sleep they need for their overall wellbeing and academic progress.

PREP THE NIGHT BEFORE

Mornings can be a whirlwind, so preparing the night before can make a big difference. Get your little one into the habit of packing their backpack, laying out their clothes and gathering any necessary school supplies before bed. Younger children might need a bit of help or supervision until this becomes a natural part of their evening routine, but stick with it because this one simple practice can really ease the morning chaos and set your child up for a positive start to their day.

HAVE A HOMEWORK NOOK

Having a dedicated homework space can greatly enhance your child's concentration and productivity. Just like adults, it's easier for kids to knuckle down to work if they have a place that's set up helpfully and is free from distractions. Choose a quiet, well-lit area and make sure it's close to a power outlet for their computer, stock it with essentials like pens and paper and you're good to go! A specific spot for schoolwork reinforces the practice of staying focused and helps your child develop good study habits.

USE A PLANNER

Teach your child the art of organisation with a planner or calendar. This one simple tool can help them keep track of assignments, test dates and extracurricular activities, making it easier to avoid last-minute scrambles. For younger children, a family calendar can be a helpful visual aid, whereas older kids might prefer digital planners or apps with reminder features.

EAT WELL

Good nutrition is central to keeping your child alert and energetic throughout their school day. Try to pack balanced lunches filled with fruits, vegetables, whole grains and proteins for stamina. Protein-rich snacks, like mini chicken or paneer skewers, help keep blood sugar levels stable, preventing those dreaded post-lunch energy crashes that make it so much harder to listen in class. As usual, limit the sugary snacks and drinks your little one has access to, and involve kids in meal planning to make sure they enjoy their healthy choices.

ENCOURAGE REGULAR MOVEMENT

Physical activity is at the heart of your child's physical and mental health. It helps them build strong bones and muscles, maintain a healthy weight and it can even reduce symptoms of anxiety and depression. Encourage your little one to join sports, dance or simply play outside. Regular exercise also improves children's sleep and concentration, which can be especially beneficial during exam periods.

TEACH TIME MANAGEMENT

Time management is a life skill that will serve your child well beyond school. Sit down together and help them break down large



tasks into smaller, manageable steps and set deadlines for each part. Encourage your little one to tackle challenging tasks when they have the most energy. By mastering time management, your child is much more likely to stay on top of their school responsibilities without feeling overwhelmed.

LIMIT SCREEN TIME

Excessive screen time is well known to disrupt sleep patterns, reduce physical activity and impair concentration. With that in mind, be sure to set sensible limits on device use, particularly before bedtime and instead, encourage your child to do more non-screen activities like reading, playing board games or enjoying the outdoors. A balanced approach to screen time and proper digital boundaries go a long way to helping kids stay focused and engaged with their schoolwork.

INDEPENDENCE IS IMPORTANT

Nothing builds confidence in kids like mastering some life skills and feeling good about it. Offer your children plenty of encouragement when it comes to taking some responsibility for their organisation and health. Start by assigning age-appropriate tasks such as packing their lunch, tidying their room or managing their homework schedule and be sure to praise their efforts!

STAY ENGAGED

Your involvement in your child's education is invaluable. So, always attend parent-teacher meetings, stay updated on their homework assignments and regularly check in about your child's day. Your active participation shows that you value their education and provides them with a solid support system. Open communication with teachers also helps address any issues early on, so your child gets the help they need to succeed.

By adopting these simple strategies, you'll be able to set your child up with all they need for a successful, happy and organised academic experience. Here's to a fantastic school year ahead!





EVENT REPORT:

A MAGICAL MAGAZINE-THEMED WEEKEND AT HAMLEYS

Last month, families flocked to Dubai Mall for an exciting DIY magazine workshop held in the popular toy store, Hamleys. The idea was to encourage children's self-expression with lots of fun magazine-themed activities. Let's dive in!



INSPIRING YOUNG MINDS!

Hamleys, the world's finest toy store, staged a free three-day event for the whole family on August 9th, 10th and 11th, to bring parents and their little ones together for a unique and exciting magazine-themed weekend. The concept was to create an interactive and magical afternoon centred around the spectacular world of magazine-making. Designed so parents and children could kick off the new school year with a creative bang, families visited the Hamleys Dubai Mall store to partake in fun, quirky activities where little ones created their own magazine covers, designed vision boards and participated in a really cool comic strip competition! The weekend was a perfect place for bringing out creativity and self-expression in a novel way for all the young attendees.

CREATING YOUR OWN MAGAZINE COVER

On Friday, as families started to arrive, most of the kids were immediately drawn to the wonderful activity of making their own magazine cover! Children unleashed their inner editors by designing their very own artwork, using art supplies and previous issues of Mother, Baby and Child magazine as collage material... and they really used this chance to express their unique personalities and interests, taking it in completely individual directions! Here they were able to scan through the pages of our back issues and let their imaginations get to work!



PARENTING

Afterwards, each of the young participants were able to take home their masterpiece as a unique keepsake of their efforts.

THE DREAMY VISION BOARD WORKSHOP

On Saturday, the afternoon's entertainment involved families joining a vision board workshop, again using past issues of Mother, Baby and Child Magazine as fuel for their creativity. By simply flipping through the magazines and using scissors, glue and other craft supplies, children made absolutely wonderful vision boards that reflected their goals, dreams and aspirations for the 2024-25 school year. This activity was brilliant for positive thinking for the months ahead, encouraging kids to visualise their future, as well as set some exciting goals for themselves that they can continue to look at and be inspired by.

A COOL COMIC STRIP COMPETITION

On Sunday, little ones took part in a really exciting competition, bringing their storytelling skills to life while creating their own comic strips. Using prompts and guidance from the Hamleys team, children got creative and put their skills into practice at the dedicated craft area, illustrating and writing short comic stories. The kids absolutely loved it! Everybody's work was brilliant - in fact, a handful of the entries are featured later in this issue, so make sure to check them out!

BROWSING FOR IDEAS

Throughout the weekend, parents came together to talk, discuss and also get involved in the exciting activities happening each day! Previous issues of Mother, Baby and Child magazine were also made available for parents to browse, providing a dose of inspiration, validation and lots of helpful tips on various topics related to parenting, health and education.

THE POWER OF ART AND IMAGINATION

This incredible magazine-themed weekend at Hamleys managed to combine creativity, learning and plenty of family bonding, in a unique way that caught children's attention and kept them occupied for hours of fun. All in all, it was an outstanding day out for the whole family, and we look forward to continuing to inspire young minds and hearts in the future.



MAKE YOUR OWN COMIC STRIP: OUR TOP SIX WINNERS!

On Sunday August 11th, little ones took part in a very exciting comic strip competition at Hamleys Dubai Mall, using material from our previous issues to tell a story of their choice. Here are our top six winners!



WELLBEING FOR ALL

With wellness in mind, this is a really thoughtful comic strip, all about self-care and feeling good. From eating well and exercising, to enjoying some quiet time and creativity, this is a really beautiful piece of work that shows the importance of feeling grounded at every age!

CHRISTMAS IS COMING

It's never too early to get excited for Christmas and this young artist agrees! A classic story unfolds here, filled with anticipation of the magic of the holidays. From reindeer and snowman decorations, to wrapping up presents and playing with new toys, this is a sweet tribute to 'the most wonderful time of the year!'





TALES FROM ABROAD

A young traveller recounts the story of her summer vacation with her family. She hits all the key points in our book - flying on a plane, sparkling turquoise waters, sunshine, relaxation and family time at the beach. We also love the surprise element of meditation, a little pampering with some lovely products and getting out in nature for the all-important investigation of a different landscape - it's all here really! Well done Safina!

SIMPLE LIVING

This lovely piece of work shows us some of the fun and important moments through the lens of youth. Family time is, of course, central, and having fun with some arts and crafts, as well as enjoying some cool decorations gives us a glimpse into what this child enjoys! The picture is perfectly rounded off with a splash of colourful fruit - the perfect snack on a day of creating and hanging out with your nearest and dearest in the sunshine!



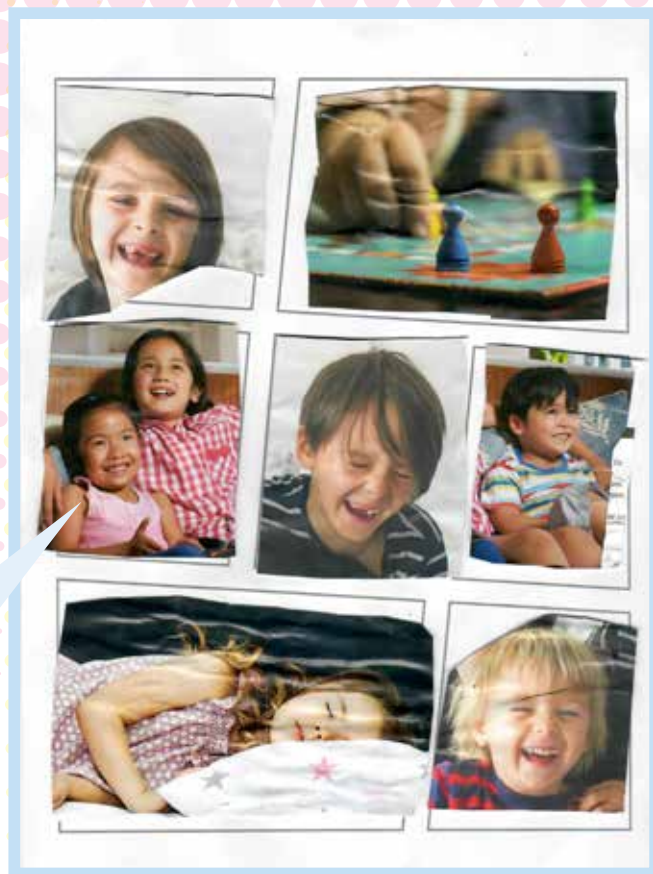


LET THE NIGHT BEGIN!

Here is a true storytelling master! Like a perfectly paced opening sequence, Batman climbs on top of a roof after spotting the Bat signal. Wondering who it is that needs his help tonight, he gets to work. Little does he know that someone is deliberately luring him closer with the signal, in the hopes of finally catching him! What will happen next?!

LAUGHTER IS THE BEST MEDICINE

Sometimes, it's the simple things in life! This is a very focused comic strip - friends, fun, naps and laughter! The feeling of happiness is impossible to miss here - well done to this young artist!



HOW HUGGING CAN CHANGE YOUR BABY'S BRAIN

We look at why early, gentle touch and affection has lasting effects on your child's brain.

Welcoming a new baby into the world is an experience like no other - filled with love, awe and perhaps a bit of worry about getting everything just right. Among the many things you do for your baby, one of the simplest and most impactful is hugging them. It turns out, those warm, comforting embraces are not just heartwarming - they profoundly impact your baby's brain development.

as the 'love hormone'. This magical chemical plays a massive role in helping your baby feel safe and loved, while also calming both of you down. The simple act of holding your baby close is fundamental for building trust and forming strong, healthy relationships later in life, as well as giving your baby the confidence to begin exploring the world around them in the present.

THE SCIENCE BEHIND A HUG

From the moment your baby is born, they're wired to be ready to connect with the world through touch. This physical contact, especially in the form of hugs, shapes their brain development in ways that can last a lifetime. When you cuddle your newborn, their brain releases a hormone called oxytocin, also known

THE GROUNDWORK FOR SUCCESS

Hugging your baby isn't just about the bonding, it's also about helping them grow into emotionally resilient little humans. Newborns are incredibly sensitive to their environment, and physical contact gives them a sense of safety and stability. Every time you hold and



comfort your baby, you're helping to build their confidence, resilience and attachment. This is essential because babies who feel safe are more likely to explore, make friends easily and handle stress better as they grow. So, every time you give your baby a hug, you're not just comforting them, you're contributing to their emotional strength and ability to cope with the ups and downs of life.

BOOSTING THE BRAIN

While helping your baby feel emotionally secure is hugely important, the benefits of hugging extend to their cognitive development as well. The newborn brain is like a sponge, soaking up experiences and growing at an astonishing rate, with every sensory interaction shaping this growth. Research has shown that physical touch, like hugging, stimulates the parts of their brain associated with learning and memory. Hugs can help to reinforce these



neural pathways, particularly those involved in sensory processing and understanding the world. This enhanced brain connectivity can lead to better cognitive abilities as your child grows. So, those hugs you give are not just comforting - they're actively supporting your baby's mental development.

BONDING AND TOUCH

Hugging your baby is also about building a deep, lasting bond between you and your little one, setting the tone for your dynamic together as your baby grows. Physical contact helps build trust and security, teaching your baby that you're there for them when they need comfort.

Touch is a way of communicating with your little one that goes beyond words. Each hold and hug tells them that they are loved, safe and valued. This is especially important in those first few months when your baby can't yet

understand your words but can respond to the warmth and safety of your touch. By holding your baby close, your own brain releases oxytocin too, strengthening the emotional bond between you both.

SKIN-TO-SKIN CONTACT

One of the most effective ways to harness the power of touch is through skin-to-skin contact, often known as kangaroo care. This practice involves holding your baby against your bare chest, allowing your skin to touch theirs. It has been shown to have numerous benefits, from stabilising your baby's heart rate and breathing, to regulating their body temperature.

Babies who experience skin-to-skin contact often cry less, sleep better and gain weight more steadily, which is especially important for premature babies. Plus, it's not just for

mothers! Fathers and other caregivers get the opportunity to provide little ones with the same comforting experience that mothers do. The intimacy of skin-to-skin contact truly benefits everyone involved.

HOW OFTEN SHOULD YOU HUG YOUR BABY?

You might wonder how much hugging is enough. The answer is as much as possible! Babies thrive on touch, and there's no such thing as too many hugs. Every time you hold your baby, you're helping to shape their brain and build a strong emotional connection.

It's also important to remember that hugging isn't just for newborns. As your baby grows, continuing to provide physical affection is still vital for their ongoing development. Hugs can help your child navigate new challenges, provide comfort during tough times and strengthen the bond you've already built. Regular cuddles can also help reduce any anxiety that might come up and increase feelings of security as your little one becomes more independent.

HUGGING BENEFITS THE WHOLE FAMILY

The benefits of hugging aren't just for your baby - they're for you too! Holding your baby close can help reduce stress and anxiety, making you feel more relaxed, calm and happy. When you hold your baby, your brain releases oxytocin, boosting your mood and making you feel more connected to your little one. Also, sharing in these moments of closeness can strengthen the relationship between you and your partner as you share in the joy of parenthood together.

In a world that often feels rushed and hectic, taking a few moments to hug and cuddle your baby can bring a sense of peace and connection that benefits the entire family. Whether you're soothing your baby after a busy day or simply enjoying a quiet moment together, those hugs are building the foundation for a happy, healthy and connected family life.

It's clear that hugging your baby is more than just a sweet gesture - it's a powerful tool for supporting their developing brain and their emotional health. By making hugs and cuddles a regular part of your daily routine, you're not only providing comfort in the moment, you're also giving your child the best possible start in life. So, go ahead and embrace your little one, knowing that it's making a difference that will last a lifetime.

EDUCATION



How students adapt to the new school term; a look at Kids First Group nurseries and more!



HOW KIDS OF ALL AGES EXPERIENCE THE NEW SCHOOL TERM

This time of year is full of adaptation and change. We discuss how children of different age groups feel during this transitional period as they re-enter the classroom.



The new school term is a fresh start, and for kids of all ages, it's filled with a mix of emotions. From the thrill of new beginnings to the nerves of what's to come, this transition can be quite a journey. Understanding how children at various stages experience this time can help us support them more effectively. So, let's dive into how different age groups feel at the start of the school term and explore ways you can help your child shine.

LITTLE LEARNERS

For preschoolers and kindergartners, the new school term is a grand adventure, both thrilling and daunting. At this stage, many children are entering the school environment for the first time and the transition from home or daycare to a more structured school setting is a significant change.

Excitement and curiosity

Many young children are naturally interested about the new experiences school offers. They look forward to making new friends, playing with new toys and taking part in fun activities. The novelty of a new backpack, lunchbox and school supplies also adds to their excitement.

Separation anxiety

On the other hand, some younger learners may experience separation anxiety, especially if they are not used to being away from their parents. This anxiety can manifest as clinging, crying or reluctance to enter the classroom. Here, the key is reassurance and a consistent routine. Establishing a predictable schedule can help ease their anxiety and create a sense of security as they adjust to their new surroundings.

Adapting to structure

Very young children may also struggle with adapting to the structure and routines of school. The transition from unstructured play to a world of timetables, listening to instructions and participating in group activities can be challenging. Your child's teachers play a pivotal role in helping them feel comfortable, welcome and secure in this new environment.

GRADES 1-6

As children progress from Grade 1 to Grade 6, their experiences at the start of a new school term begin to change. They have already been exposed to the school environment and are more familiar with the routines and expectations - but each new term still holds its own excitement and hurdles.

Love for learning

This age group often buzzes with enthusiasm for new subjects and projects. The thrill of catching up with friends after summer break, along with the anticipation of meeting a new teacher or exploring a new classroom, makes the beginning of term a thrilling time. Their eagerness to learn and explore is a wonderful sign of their growing curiosity.

Social dynamics

Social interactions take centre stage during these years. Friendships become more significant and the dynamics of social groups begin to play a larger role in kids' lives. The start of a new term might stir both excitement and anxiety about making friends, fitting in or dealing with peer pressure. Offering a supportive ear and some guidance can help them navigate these social waters with confidence.

Academic pressure

With advancing grades comes increased academic pressure. Homework, tests and grades start to weigh more heavily on children's shoulders, and some children may worry about their performance. It's important for parents and educators to provide encouragement and support, helping children develop a positive attitude toward learning.

GRADES 6-9

Grades 6-9 mark a period of significant change for children. Students move from a more sheltered school environment into a complex mix of academic and social challenges.

New responsibilities

In these grades, students face increased responsibilities, juggling multiple classes, teachers and assignments - which can be overwhelming. Developing effective time management and organisational skills becomes even more essential. Your child might need some help from you in developing the skills to balance these new responsibilities and manage their workload.

Social challenges

The social landscape becomes more intricate during these years. Friendships shift, peer pressure intensifies and issues like bullying can become more pronounced. The new school term may bring anxiety about social dynamics and acceptance. Being a supportive presence and encouraging open communication can help them navigate these social ups and downs - all of which are normal!

Developing their identity

This stage of school is also a time when children are exploring their identity and becoming more aware of their strengths, interests and values. They may be excited to discover new hobbies, join clubs, or participate in extracurricular activities. However, they may also experience self-doubt and uncertainty as they compare themselves to their peers.

This period is also a time of self-discovery. Children are exploring their identity and becoming more aware of their strengths, interests and values, which can be both exciting and daunting. They might be eager to join new clubs or pursue new hobbies but kids may also experience self-doubt at this phase as they begin to compare themselves more regularly to their peers. Working on strong self-confidence at home can really help them flourish during this stage.

Grades 9-13

Students aged 14-18 are at a critical stage in their development, as they prepare for the transition to adulthood. The start of a new term at this level comes with a mix of excitement, stress and anticipation.

Looking ahead

These students are increasingly focused on their academic performance, as it has a



direct impact on their future opportunities, such as college admissions or career paths. The pressure to achieve high grades, excel in their tests and build a strong resume can be intense, so the beginning of a new term may bring anxiety about meeting these expectations. Helping your teen manage this pressure and stay focused on their goals is key to their success.

Friendships and dynamics

Social relationships play a central role in the lives of teenagers. Your child will be navigating their friendships and social hierarchies, all while trying to establish their independence and figure themselves out. The start of a new term may bring excitement about seeing friends and getting back to social activities, but it can also trigger lots of anxiety about fitting in and being accepted.

Multiple commitments

Students in Grades 9-13 often have to juggle multiple commitments, including

academics, extracurricular activities and family responsibilities. The start of a new term may require them to re-establish or redistribute the balance of time spent between these competing demands. Time management and stress management skills are absolutely vital during this period, as the school year only intensifies. Parental support in helping kids stay organised and focused will be invaluable.

SUPPORTING CHILDREN DURING THE BACK-TO-SCHOOL PERIOD

No matter their age, children benefit greatly from support and understanding as they transition into a new school term. Let's examine some ways to help them thrive.

Routines

Consistency provides a sense of stability, so set up regular routines (no matter how old your child is!) for bedtime, morning preparation and homework to help kids ease into the transition.

Communication

Encourage your children to talk about their feelings around the new term. Whether they're excited, anxious or uncertain, listening and providing reassurance will help them feel more confident.

A good attitude

It's helpful to frame the new school term positively, looking at it as an opportunity for growth, learning and connecting with their friends again. Point out the aspects of school that your child enjoys and encourage them to set personal goals for the term.

Be there

It's such a simple strategy but this one can make all the difference. Friendships and classroom hierarchies can be complicated in the life of a little one, and these social issues at school are often a significant source of

stress. Always remain empathetic to your child's worries and let them know that they can always come to you with their concerns, whether related to stress, bullying or peer pressure.

Self-reliance

As children grow, try your best to nurture their independence in an age-appropriate way, encouraging them to take responsibility for their own learning and wellbeing in manageable chunks. If you teach your child skills such as time management, organisation and problem-solving, and allow them to make some decisions about their education and activities, they should have no problem becoming increasingly independent as they get older.

Be aware of stress

Always be on the lookout for signs of stress, such as changes in your child's

behaviour, mood or sleep patterns. This generation has a lot of new challenges to deal with, from a global pandemic to social media, so if your child seems overwhelmed, don't hesitate to seek support from school counsellors or other professionals.

The start of a new school term is a significant event in every child's life, bringing up a range of emotions and challenges, regardless of their age. The things that occupy their mind and their time undergo a huge change after the summer. As these routines shift and kids face new experiences, your support and encouragement can make a world of difference. By keeping the lines of communication open and understanding how children at different stages experience the back-to-school transition, you can help them navigate the start of the school year with confidence and resilience.





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5 THINGS YOU NEED TO KNOW ABOUT BRAIN DEVELOPMENT WHEN CHOOSING A NURSERY:

Kids First Group experts share the latest science behind early years learning

1

The first year of life: The average baby's brain doubles in size!

By age 3, it grows to about 80% of its adult size and reaches 90% by age 5. The key to brain development lies in neural connections, which allow the development of emotional skills like self-regulation, cognitive skills like problem solving, and motor skills like grasping big and small objects.

2

From birth to age 3, millions of neural connections form every second.

This is also the time when most children start attending nursery and scientists confirm that the quality of their experience, whether positive or negative, has a lasting impact on their health and ability to learn and succeed in school and in life. Strong human connections matter more than anything and this includes responsive relationships between caregivers and children.

3

The brain begins to fine-tune itself.

A process of "pruning" takes place during this time, which means that connections that are used more often become stronger, while those that are not used are eventually eliminated.

4

The brain is nearly fully grown by age 5.

Positive experiences in early childhood build a strong base for educational achievement, economic productivity, and overall well-being throughout life. For example, unusual crawling patterns can have implications for later coordination and classroom behavior. Adverse experiences in early childhood can increase the risk of negative outcomes by up to 4 times.

5

Choosing a holistic nurturing environment can set the foundation for all future learning, health, and behavior.

Kids First Group currently supports over 5000 children, across 32 locations in Dubai, Abu Dhabi, and Doha – Qatar including Redwood Montessori Nursery, Odyssey Nursery and Willow Children's Nursery. With over 13 years of parental trust, the homegrown early learning group offers a variety of curriculums, catering to diverse learning styles and preferences, including Montessori, Reggio Emilia, EYFS, and more. Their nurseries are multilingual with Arabic, English, French, Spanish, Russian, Italian, and more, enriching a child's development and preparing them for a globalized world.

"Early childhood learning is not about the ABCs or the 123s, it's about giving your child the tools they need to thrive throughout life, and emotional intelligence is one of them."

Kamil Najjar, Founder and CEO of Kids First Group

KFG PARENT EDUCATION ACADEMY

Kids First Group launched the Parent Education Academy at the start of the year, a comprehensive program with online resources as well as in-person events that take place in Dubai and Abu Dhabi, exclusive to the KFG parent community. Led by psychologists, educators and child development experts, it aims to equip and empower them in their journey, with the latest research, insights and workshops on parenting, child and brain development.



Kids First Group Nurseries:

Redwood Montessori Nursery: Pioneers in the U.A.E.'s Montessori approach, the Dubai locations include Al Furjan, Jumeirah Park, Garhoud, The Palm Jumeirah and in Abu Dhabi, you'll find it at Shams Boutik, Yas Island, Al Mushrif, Khalifa City, Reem Island, Al Bateen, Al Saadiyat Island, Al Nahyan and Al Marina, catering to children from 3 months to 6 years.

Redwood Center of Excellence: This IB PYP offering preschool is located in Al Barsha 2 and is open to children from 45 days to 6 years.

Willow Children's Nursery: Located in Umm Suqeim, ONE Central, Dubai Marina welcoming children from 4 months to 6 years for the EYFS curriculum complemented by Reggio Emilia.

Odyssey Nursery: Renowned for its Reggio Emilia approach, Odyssey has multiple locations in Dubai including Umm Suqeim 2, Burj Al Arab, Living Legends, Jumeirah Beach Residences, Meydan and Sheikh Zayed Road, and in Abu Dhabi, you'll find it in Khalifa City, Mushrif, Al Zeina, Al Muneera, Saadiyat, Yas Island catering to children from 45 days to 6 years.

Children's Oasis Nursery: In the heart of nature, the one iconic location on Umm Suqeim 2 is hard to miss. It caters to children from age 4 months to 4 years.

Ladybird nursery: Located in Abu Dhabi's Al Zaabi area, Ladybird follows the Montessori approach and caters to children aged 6 weeks to 4 years.

HOME & GARDEN



The power of colour for
a restful bedroom and all
that goes into making a
pet-friendly home.



USING COLOUR PSYCHOLOGY IN YOUR BEDROOM

*According to colour psychology,
bedroom palettes affect our mood and
wellbeing. How does this work?*



Your bedroom is more than just a place to sleep - it's your personal sanctuary. Colours influence our emotions and by carefully selecting the right hues, you can create a space that feels naturally relaxing.

THE POWER OF CALM

When it comes to designing a bedroom, the goal is to create a calming environment. Cool colours are known for their soothing qualities, making them ideal for a space dedicated to rest.

Blue

Blue is often associated with the tranquillity of the sea and sky. It can help lower blood pressure and reduce anxiety, making it an excellent choice for a bedroom. Soft

shades like powder blue or duck egg create a serene atmosphere that encourages deep, revitalising sleep.

Green

Evoking the refreshing essence of nature, green is a colour that balances both body and mind. It's known to reduce stress and boost relaxation, which is why it works so well in a bedroom. Sage or mint green can be particularly effective, offering a fresh, yet subdued backdrop that helps you unwind after a busy day.

Purple

Largely connected with luxury and creativity, lighter shades like lavender or lilac are ideal for

creating a softer environment. These tones are particularly good for those who want a bedroom that feels both relaxing and slightly indulgent.

WELCOMING WARM TONES

While cool colours are great for relaxation, warmer tones can introduce a sense of welcome and comfort, making your bedroom feel more intimate.

Neutrals

Shades like beige, taupe or soft greys are incredibly versatile and work beautifully in a bedroom. These colours make for a warm, cocoon-like atmosphere that feels inviting without being overpowering. They're also a fantastic backdrop for other accent colours, allowing you to personalise your space with ease.

Soft pink

Linked to romance and tenderness, soft pink can bring a gentleness to your bedroom. It's a great way to introduce a touch of colour without overwhelming the senses. Paired with neutral bedding and natural materials like wood or linen, soft pink can feel both modern and comforting.

Pale yellow

If you enjoy waking up to a bit of sunshine, pale yellow might be your perfect bedroom hue. This colour brings a subtle warmth and cheer to rooms, helping to start your day on a positive note. However, stick to softer shades to avoid creating a space that's too energising to relax in.

THE IMPORTANCE OF HARMONY

It's equally important to create an environment that doesn't feel monotonous. The key is to mix your chosen colours with complementary tones and textures, adding splashes of depth and interest. For example, if you've opted for a predominantly blue bedroom, consider adding warm accents like cream or soft gold to prevent the space from feeling too cool. Similarly, a room dominated by neutrals can be brought to life with pops of colour in the form of cushions, throws or artwork.

At the end of the day, colour psychology is only a guide - the best bedroom is one where you can truly recharge and feel at peace!



CREATING A PET-FRIENDLY HOME

A pet-friendly home doesn't have to mean sacrificing style for the sake of practicality. Here are ten things to consider!

With just a handful of smart design choices, you can create a space that's both beautiful and welcoming for your furry friends. Whether a new four-legged friend has just joined your family or you simply want to better adapt your home for the pets you already have, here are ten tips that will help you tread the line between chic interiors and a functional space.

PICK THE RIGHT FABRICS

One of the first things to consider when creating a pet-friendly home is your choice of fabrics. Pets, especially cats and dogs, can be tough on upholstery. Fabrics that are durable, easy to clean and are resistant to claws are essential. Go for materials like leather, which can be wiped down easily, or synthetic fibres like microfiber, which are both tough and easy to maintain. On the flip side, try to avoid very delicate fabrics such as silk or velvet, which are prone to snags and stains.

SLIPCOVERS AND WASHABLE RUGS

Slipcovers are a pet owner's best friend. Not only do they protect your furniture from fur, dirt and the occasional accident, but they can also be easily removed and washed. This makes it much simpler to keep your living space looking fresh and clean, which is important when you're a busy parent juggling the demands of work, relationships, children and fluffy pals! Similarly, washable rugs are a must-have in any pet-friendly home, so look for rugs made from materials like cotton or indoor-outdoor blends, which can handle frequent cleaning and are more resistant to any pet-related wear and tear.

FLOORING IS KEY

Flooring is another critical aspect of making it as easy as possible to keep pets in your home. Hardwood floors are often at risk from the

pitter patter of pet claws, so it's wise to choose a more durable option. Luxury vinyl, tile or laminate flooring are all excellent choices as they're resistant to scratches and very easy to clean. If you prefer the look of hardwood, consider using rugs or runners in high-traffic areas to protect the floor beneath.

DESIGNATED PET AREAS

To maintain a sense of order in your home, it's sometimes helpful to create specific areas for your pets. This could be a cosy corner with a pet bed, a designated feeding station in the kitchen, or even a play area stocked with fun toys. Designating these areas not only helps keep your home organised but also provides your pet with a sense of security and routine - a win-win!

CLEVER FURNITURE PIECES

When it comes to furniture, consider investing in pieces that are specifically designed with pets in mind. For example, there are sofas with built-in pet beds or end tables that double as a pet house. These dual-purpose pieces save space and also make sure your pet feels right at home, without compromising your interior design. Also, it's best if your décor accessories, like throws and cushions, are machine washable, making it easy to clean up any messes - whether from your furry friends or the rollercoaster of living with young children!

PROTECTING YOUR WALLS AND BASEBOARDS

Pets, especially younger ones, can be rough on your walls and baseboards. To minimise damage, it might be an idea to consider using washable paint, or to add a layer of high-quality wallpaper that can withstand scrubbing. Another option is to install wainscoting or wall panels, which can protect your walls from scratches, while adding a stylish touch to your interiors.

PET-FRIENDLY PLANTS

Houseplants are incredibly popular, and for good reason! While houseplants add a lovely natural element to your home décor, it's also important to choose pet-friendly varieties if you have a dog or cat. Some common plants, such as lilies and philodendrons, can be toxic to your pets if they eat them. So instead, be sure to choose non-toxic plants like spider plants, Boston ferns, or succulents like echeveria. These plants are not only safe for your pets but also easy to care for, which is ideal for busy parents who still want to enjoy a splash of greenery around the home.

CUT THE CLUTTER

Pet essentials, like food bowls, toys and leashes can easily clutter up your space. To keep things tidy, consider using decorative baskets or stylish storage bins that blend seamlessly with the rest of the room's interior design. You can also find elevated pet feeders that are not only better for your pet's posture but also look more polished than traditional plastic bowls. The best part is that these smart organisational items not only lift the look of your space but also make it easy to find everything you need for your pet.



THINK ABOUT THE VIEW

Pets love to watch the world go by, so it's important to give them access to windows and natural light. Try setting up a perch near a sunny window where your cat can lounge or your dog can keep an eye on the outside world. Window treatments are also worth thinking through in this case - opt for durable blinds or curtains that are less likely to be damaged by curious pets.

SAFETY FIRST

Finally, safety should always be a priority in a pet-friendly home. This means securing any potentially hazardous items, such as cleaning supplies, electrical cords or even small objects that could be swallowed. Consider using baby gates to block off areas that are off-limits and make sure all doors and windows are properly shut. If your pet spends time outdoors, put some time into making certain your garden is pet-proofed with proper fencing and non-toxic plants.

Creating a pet-friendly home is all about balance. With thoughtful design choices, you can have a home that is both stylish and practical, offering comfort to all its members - human and animal alike!

GOOD LIVING



Perfumes inspired by the magic of the Middle East; a brand new high-performance, organic skincare brand and more!



This month, I talk about three everyday perfumes you can wear with ease, the newest clean beauty brand to make a splash and my frizz-taming hair care products for September!



SIGNATURE SCENTS FROM AZHA PERFUMES

Azha Perfumes, the homegrown fragrance brand, was founded this year by third generation perfumer brothers, Omeir and Talha Kalsekar and is deeply rooted in the magic and rich heritage of the Middle East.

Offering unique fragrances for both him and her, the brand's latest collection, Emerald Nebula, has captured my attention for its interesting fusions, beautiful scents and reasonable pricing (perfumes start at AED 49.50). Here are my top three recommended scents for women from the collection.



Ramshah

Perfect for my flower power ladies, Ramshah features a blend of vibrant floral notes sitting on a rich vanilla base, to create a luxurious fragrance that the brothers say is inspired by the mystique of Egypt. Ideal for those who appreciate the allure of floral sophistication, this fragrance unfolds like a blooming bouquet, leaving a lasting impression in every spritz.

Raghad

Raghad opens with a vibrant signature of red fruits, creating a sweet and inviting introduction. The heart notes reveal the warm, comforting essence of chocolate, and the fragrance concludes with a subtle and lingering base of musk, leaving a lasting impression of sweet sophistication. Raghad is perfect for women who prefer a daily scent that is both playful and elegant.

Arabian Lady

An oriental, fruity fragrance, Arabian Lady combines a rich base of amber and patchouli with bright notes of apple, peach and pineapple - and a surprisingly delicate hint of orange blossom and rose. It's ideal for those who want to make a bold, fresh statement but like something they can wear everyday.

Shop in-store or online at www.azhaperfumes.com.

HYDRATING HAIR CARE WITH HASK!

Step out of your house with extra confidence thanks to Hask's specialised products, which are great for anyone looking to achieve the luscious, healthy locks we all long for! I won't get into how much work goes into containing my curls in the heat, but if you're anything like me, frizz-taming products are an absolute must! I'm a big fan of Hask's Keratin Protein range which is perfect for those looking to achieve smooth, strengthened hair and brilliant shine - all while taking care of unwanted frizz.

Here are my recommended must-haves...

Keratin Smooth Shampoo

This shampoo gently cleanses your scalp while reducing frizz and smoothing unruly strands. It revives overworked hair to reveal soft, shiny locks.

Keratin Smooth Conditioner

I have a tricky relationship with conditioners as many of them simply don't give my hair enough of the moisture it craves! This gorgeous product detangles my mane, providing that all-important burst of hydration, nourishing and sealing in shine for a beautifully sleek, frizz-free finish.

Keratin Protein 5-In-1 Leave-In Spray

Offering five benefits in one product, this leave-in spray helps you avoid breakage and achieve smooth, lustrous tresses, while also tackling frizz and providing thermal protection. It's a really versatile little product for moisturised, healthy-looking hair.

HASK products are available across all major hypermarkets, supermarkets and online on www.glambeaute.com.

To discover more, check out @HASKUAE on social media.



STUNNING SKINCARE FROM CLEAN REBEL

Clean Rebel, a new homegrown eco-luxury skincare brand, has launched a line of gorgeous, high-performance skincare products to nourish both skin and soul.

Clean Rebel believes true beauty is more than skin deep. The brand offers luxurious skincare products formulated with clean and effective ingredients, ushering in a new era of conscious beauty that benefits people, animals and the planet.

CLEAN AND PURE

Each product is made with the finest food-grade organic and vegan oils, floral waters and essences. Free from hormone disruptors, known carcinogens and skin irritants, the brand guarantees that every ingredient is safe. Ingredients are sourced ethically and sustainably, with partnerships established with suppliers who share the same values.

LET'S TALK ETHICS

Clean Rebel does not test on animals and additionally, 10% of the brand's profits support animal shelters and rescues in the UAE. The brand also promotes sustainability through a recycling program, where customers can return empty containers for recycling and receive a 20% discount on their next order.

THE ESSENCE COLLECTION

The Essence Collection, the brand's debut range, offers a high-end array of facial skincare products formulated with natural active ingredients from around the world to revitalise your complexion until it glows! Let's take a closer look.

Essence Cleanser (AED 320)

This detoxifying face wash thoroughly removes makeup, sunscreen and daily buildup, purifying your skin to leave it visibly invigorated. Infused with refreshing organic cucumber extract, it provides a burst of water-soluble vitamins and deeply cleanses impurities from your skin.

Essence Toner (AED 310)

This toner boasts a balancing formula that brings out radiance and renewal in all skin types. It leaves your skin toned and brightened. At its heart is Rosa Damascena (rose) flower water from Bulgaria, renowned for its delicate floral scent, antibacterial properties and soothing effects.



Essence Active Serum (AED 720)

The Essence Active Serum is formulated with potent ingredients that hydrate and brighten your skin, providing antioxidant, protective and deeply moisturising benefits. Based on calming and aromatic organic Linden flower water, this serum helps your skin feel soothed and radiant. Its powerful active complex combines organic Palestinian jojoba oil and lipid-soluble vitamin C to firm and support your complexion, shielding you against free radicals.

Essence Face Oil (AED 690)

Rich in active ingredients that nourish and soothe your skin, this oil gives you a youthful glow and protects against harmful environmental impacts. The luxurious blend of organic jojoba and Sicilian pistachio seed oils create a nourishing barrier that does wonders for your skin!

Essence Exfoliating Paste (AED 360)

The Essence Exfoliating Paste harnesses the exfoliating power of laser-rounded apricot kernel powder, providing a gentle yet effective treatment that removes dead skin cells to reveal a brighter, smoother, more radiant you. Soothing organic lavender essential oil also reduces inflammation and offers your senses a spa-like experience.

Visit www.cleanrebel.com for more information or to shop these products.

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