

ISSUE 164 | FEBRUARY 2025 | DHS15

Mother **Baby &** Child

**PREPARING YOUR
FAMILY FOR A NEW
BABY**

**TOP TIPS FOR A
HEALTHY KITCHEN**

**OVERCOMING
MATHS ANXIETY**

**SPORTS INJURIES
IN KIDS**

**IDEAS FOR
VALENTINE'S DAY**

**COULD
SPEECH AND
LANGUAGE
THERAPY**

**HELP YOUR
CHILD?**



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Dominic De Sousa
(1959 - 2015)

PRINTED BY

Al Bony Printing Press LLC

FOR OTHER ENQUIRIES, PLEASE VISIT:

motherbabychild.com



MBCMagazine

PUBLISHED BY



HEAD OFFICE:

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Dubai Studio City, Dubai, UAE
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Email: info@cpimediagroup.com

A publication licensed by Dubai
Production City, DCCA

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EDITOR'S LETTER

Hello Mum!

I hope 2025 is off to a great start and that you're looking forward to the most love-filled month of the year! Around the world, Valentine's Day is celebrated in so many different ways, but the common thread is always love. No matter if it's for your partner, your family or a bit of self-love, this is the perfect time to slow down and embrace it all.



Whether that means dinner under the stars with someone special, a cosy picnic with friends, a cute manicure or an indulgent spa day for two, you'll find some fun ideas over on page 49!

Elsewhere, you'll find our top tips for a healthy kitchen - because love often starts with taking care of yourself and your family. From pantry essentials to clever planning, these hacks on page 14 will help you set up a space where nutritious eating becomes second nature, meaning healthy choices are so much easier! If you've got active children, our article on sports injuries in kids is a must-read. It covers the most common injuries and what you can do to help little athletes heal quickly and safely - flip to page 20 to check it out!

For any pregnant mums out there, you'll know that welcoming a new baby is such an exciting time, but also a significant emotional adjustment for older children. We discuss preparing kids for their new sibling on page 24, looking at how best to help your family navigate the big feelings that come with this wonderful transition.

For parents of little learners struggling with numbers, you'll be very interested in our piece on how to overcome maths anxiety, which you'll find on page 34. Maths anxiety is more common than you might think, but there are ways to help your son or daughter build confidence and shift away from fear, towards success. From mindset changes to practical strategies, this article will equip you to better support your child's learning journey in maths.

Finally, for anyone dreaming of an idyllic retreat, we whisk you off to a romantic luxury resort in the heart of Marrakech over on page 38. Famous for its vibrant culture, breathtaking landscapes and timeless charm, the Red City promises you a truly unforgettable break!

As always, there's so much more in this issue and I'll leave a few surprises for you to uncover on your own! In the meantime, I'm wishing you and your family a lovely Valentine's Day!

Happy reading!

Ella

Editor

Mother, Baby & Child Magazine

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Editor's PICK

MELT YOUR STRESS AWAY THIS MONTH!

I'm loving these two exclusive February treatment offers at Breakwater Wellness and Spa. You can get gorgeous skin in just half an hour with their mini facial, or melt away your stress with a luxurious warm stone massage - perfect for busy mums in need of a break! Available until February 28th, the spa is located in DoubleTree By Hilton Dubai - Jumeirah Beach and opens from 9 am until 8 pm.

The Skin Mini-Facial

Radiant, hydrated skin is just minutes away! Priced at AED 299, this quick yet transformative treatment uses Jean Klebert's exclusive product line to work its magic on all skin types. Think cleansing, peeling, a rejuvenating mask and moisturisation - all perfectly crafted to leave your skin refreshed and glowing.

Ideal for a little boost!

The Warm Stone Massage

Treat yourself to the ultimate escape, with a luxurious 90-minute therapeutic experience, designed to melt away your stress and soothe those tired muscles. Combining the comforting warmth of stones with deep pressure techniques, this treatment, priced at AED 529, is the perfect remedy to relax your body and rejuvenate your mind. Bliss!

For bookings, call +971 (0)4 374 9133 or email wellness_doubletreejumeirah@hilton.com.





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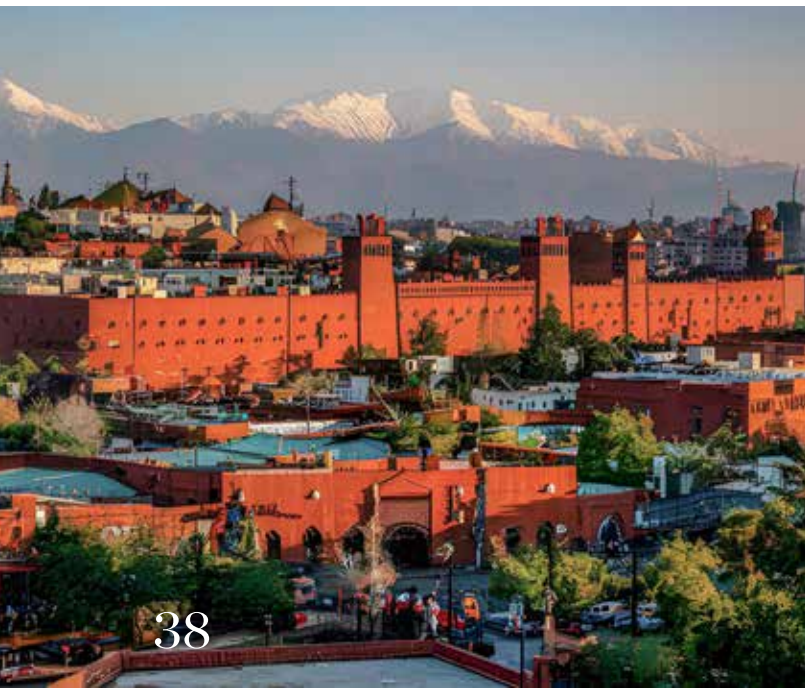
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SHOW YOUR LOVE WITH BIL ARABI

I'm so excited to tell you about the latest collections from Bil Arabi, the celebrated jewellery brand from creative designer Nadine Kanso. The Hobb and Oula collections are arriving especially for Valentine's Day - a poetic tribute to love in its most universal form.

The Hobb collection features intricately crafted necklaces, bracelets, cuffs and rings, meticulously designed with gold, enamel and diamonds. Combining traditional artistry with modern elegance, these pieces are perfect for expressing yourself, or as timeless tokens of love.

Pieces inscribed with "Bhebak" ("I love you") add a deeply personal touch, making them truly thoughtful gifts in my opinion! Derived from the Arabic word for love, Nadine Kanso, renowned for her passion for Arab identity and innovative designs, honours this meaningful term in her native language, spreading love through each creation. Absolutely gorgeous!

The Oula Collection celebrates the art of personalised gifting - another perfect choice for Valentine's Day. Each piece can be customised with Arabic letters, adding a unique and heartfelt twist that turns every gift into a memorable expression of love. This Valentine's Day, make a statement with Bil Arabi by giving your loved ones a piece that embodies love in its most exquisite form!

Check out Bil Arabi's latest collections now at www.bilarabi.com.



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THINGS TO DO



Family-friendly fun at The Smash Room; a glittering jewellery festival; romantic dinner ideas and more!



A GLITTERING FAMILY-FRIENDLY JEWELLERY FESTIVAL!

Dubai's must-visit jewellery festival is back! Taking place in and around the L'ÉCOLE campus in Dubai Design District (d3), you are invited to this free-entry event for the whole family, filled with hands-on experiences, expert talks and interactive activities - celebrating all things fine jewellery.

Imagine stepping into a world where every corner is brimming with inspiration! That's what's in store for you at Dubai Design District on February 14th and 15th, as it transforms into a glittering haven of creativity!

Here, you and your loved ones can soak in the artistry, craftsmanship and imagination as the L'ÉCOLE School Of Jewelry Arts' three pillars (art history, savoir-faire and gemology) come alive. Explore the stories behind iconic designs and uncover the secrets of beautiful, precious gems. For little dreamers, a dedicated space will guide young minds through exciting hands-on workshops.

Adding a local touch, the festival will showcase a gallery of partnerships with cultural and creative institutions. From Dubai Culture to Al Safa Library, the collaborations will shine a spotlight on the UAE's talent and artistic heritage. Also, 100% of proceeds from the courses and talks go to Dubai Cares, to support youth education!

Pricing: Free

Date: 14th to 15th of February, from midday until 10 pm

Location: L'ÉCOLE Middle East, Dubai Design District (d3), Building 10

FEEL THE LOVE AT THE RITZ-CARLTON

This Valentine's Day, The Ritz-Carlton, Dubai invites you to celebrate love with a variety of exquisite experiences - each designed to create wonderful memories, whether you're celebrating with your partner, your best friend or your family. From the charm of a Venetian masquerade, to indulgent seaside dinners and elegant afternoon teas, the options are endless for a wonderful celebration of the love in your life.

At Splendido Ristorante, you and your loved one can embark on a romantic journey to Venice as the venue transforms into a Venetian wonderland. Set amidst a picturesque setting, you'll experience the magic of a masquerade, beginning with Aperitivo on the piazza. This is followed by a sumptuous dinner that brings the spirit of Venice to life - how good does that sound?!

Adding to the Valentine's festivities, the Lobby Lounge at The Ritz-Carlton invites you to indulge in a charming afternoon tea experience. Featuring an elegant selection of sweets, savories and freshly baked scones, this wonderful selection is paired with premium teas and a choice of sparkling beverages, offering the perfect setting for a sophisticated celebration of love.

For more information and reservations, please visit www.ritzcarlton.com/dubai.

RELEASE YOUR TENSION AT THE SMASH ROOM!



If you're looking for a unique and adrenaline-packed indoor activity, UAE's popular entertainment concept, The Smash Room is offering a line-up of thrilling packages to explore this month. Whether it's solo sessions or group outings with your family and friends, this could be the ideal way to de-stress while also having fun!

Euphoria Package

Looking for a way to let loose and blow off steam? Experience the exhilarating thrill of destruction with the Euphoria Package at The Smash Room where you can smash twenty-five glass items, a CPU and a printer. Unleash that pent-up frustration and rage in a safe and controlled environment, where breaking things is not only allowed - but actually encouraged! Feel the euphoria of smashing and shattering everything in sight and leave all your worries behind at The Smash Room.

Pricing: AED 299 per person

Location: The Smash Room Al Quoz Dubai and Abu Dhabi

Whoopee Kids Package

The Whoopee Kids Package at The Smash Room offers a safe and exciting adventure for



children. Kids aged five to thirteen can enjoy smashing five glass items and a DVD, all while wearing protective gear to ensure their safety and maximise the fun. It's the perfect way for children to release energy indoors and have a blast, in a controlled environment.

Pricing: AED 99 per person

Location: The Smash Room Al Quoz Dubai and Abu Dhabi

THE SMASH ROOM CITY

The Smash Room's fourth location, The Smash Room City, brings an innovative twist on the traditional concept with its multi-themed smash room. Located in Sport Society Mirdif, the venue features a



variety of themed rooms designed to mimic real-life settings, including a restaurant, an office, a supermarket and a laundry room, allowing you to smash away to your heart's content in a room of your choice. Current packages range from AED 347 to AED 897, depending on the size of your group and your preferred room.

SMASH THE PAINT WORKSHOP

The Smash Room has one more unique and fun way for kids to de-stress with their 'Smash The Paint Workshop'. Available only in The Smash Room's Al Quoz location, little ones are invited to unleash their creativity and express themselves with an exhilarating painting session where they can smash paint onto canvas, to create vibrant and abstract masterpieces. Each participant will receive all the essential materials, including a canvas, paints and brushes to create their own one-of-a-kind artwork - all while enjoying a truly therapeutic experience!

Pricing: AED 149 per person

Location: The Smash Room Al Quoz Dubai

For bookings and further information, email hello@thesmashroom.com (Dubai) or helload@thesmashroom.com (Abu Dhabi).

VALENTINE'S AT THE STRAND



This Valentine's Day, The Strand is offering a specially-crafted steak and grape package for AED 275 per couple. A romantic setting, exceptional food, delightful drinks, live music and an inviting ambience awaits!

For those celebrating self-love, The Strand offers a special package for singles - enjoy a delectable steak paired with a glass of grape for just AED 135. Whether you're toasting to love or savouring your own company, The Strand ensures everyone has a reason to celebrate.

Date: February 14th, from 1pm

Location: The Strand, Palm Views West, Palm Jumeirah, Dubai

For bookings and more information, call 04 430 2221.

TEPPANYAKI FOR TWO



For those hunting for an adventurous meal this Valentine's Day, try irezumi-inspired Ronin - where culinary excellence meets the spirit of the wandering

warrior. Here you can indulge in the artistry of Japanese delights, all crafted by award-winning chefs. Savour a bespoke sharing menu, featuring indulgent delights like lobster, caviar and 24k gold miso molten chocolate. In other words, all the elements needed for a unique and exceptional feast.

Whether you opt for the live fire cooking at its Teppanyaki and Sushi Bar, share a meal in one of the Pagoda-style tables or experience the intimacy of private dining, each space exudes the playfully defiant vibe of Ronin. With panoramic views of the Arabian Gulf and Palm Jumeirah from its stylishly spacious outdoor terrace, Ronin offers a luxury dining experience like no other.

Pricing: AED 3000 per couple

Location: Ronin, FIVE LUXE, JBR

For more information and reservations, call +971 4 455 9989 or email flh.dining@fivehotelsandresorts.com.

SUNKISSED FAMILY BRUNCH ON THE BEACH



Al Habtoor Grand Resort, Autograph Collection, is back with their sensational sunkissed brunch at Al Manara Beach. Why not elevate your family's weekend, with this delightful

outdoor feast? You and your loved ones will be greeted with a refreshing drink and treated to a lavish breakfast that includes coffee, tea, pastries and juice. Here, you can bask in the sun, explore the beach, or take a refreshing dip in the pool, as the resort provides complimentary access.

The pièce de résistance is the elegant brunch experience, beginning at 11:30 am - from scrumptious starters, delectable mains, sumptuous sides or lip-smacking desserts. That's not all - kids can have the time of their lives playing on a bouncy castle, getting face paintings, enjoying magic entertainment and partaking in other exciting activities, while live music is on hand to create a joyful atmosphere for everyone.

Pricing: AED 350 - AED 500; AED 175 for children between 6 and 12 years

Dates: Every Saturday

Timings: from 9:30 am to 4 pm

Location: Al Manara, Al Habtoor Grand Resort, Autograph Collection, JBR

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

WELLBEING



Managing sports injuries in children; sleep apnea and kids; hacks for a healthier kitchen and more!





HANDLING HEAD LICE

Discovering head lice in your child's hair isn't ideal, but don't panic - it's something most parents face at some point.

Head lice are common among young children, particularly in schools and nurseries where close contact is a daily occurrence. While they can be a nuisance, rest assured they're manageable with the right approach and a bit of persistence.

WHAT ARE HEAD LICE?

Head lice are tiny, wingless insects that live on the scalp, feeding on blood to survive. They don't jump or fly and are spread through head-to-head contact. Importantly, they don't carry diseases, so while they may cause some itching, they're not a health hazard.

Contrary to popular belief, head lice aren't a sign of poor hygiene - they'll happily inhabit clean or dirty tresses. This is a message worth sharing with your little one, as it can help reduce any embarrassment or stigma.

SPOTTING THE SIGNS

One of the first signs of head lice is itching, caused by an allergic reaction to their bites. If your child is scratching their head more than usual or complaining about unusual discomfort, it's time to investigate.

To check, use a fine-toothed comb on wet or conditioned strands, which makes it easier to spot lice. Focus on areas where lice often congregate, such as behind the ears and at the nape of the neck. You might see live lice crawling through the hair or nits (lice eggs), which look like tiny white or yellow dots firmly attached to the hair shaft.

HOW TO TACKLE LICE

Once you've confirmed that your son or daughter has head lice, it's time to act. Below is a step-by-step plan to get rid of them effectively.

Choose a treatment

Over-the-counter treatments such as shampoos, lotions or sprays are widely available. Follow the product instructions carefully, ensuring the



treatment is applied evenly to all of your child's hair and then left on for the recommended time.

Comb thoroughly

After treatment, use a fine-toothed lice comb to remove lice and nits. Comb through little ones' wet, conditioned locks in sections, starting at the roots and working to the tips. Rinse the comb regularly to remove any trapped lice.

Repeat if needed

Most treatments need to be repeated after 7-10 days to kill newly hatched lice, as unfortunately, nits can sometimes survive the first round.

PREVENTION TIPS

While it's impossible to completely prevent head lice, there are steps you can take to minimise the risk. These include encouraging your child to avoid sharing hats, hair brushes or hair accessories, keeping long tresses tied back in braids or ponytails and regularly checking their scalp, especially during outbreaks at school.

STAY POSITIVE

Dealing with head lice can feel overwhelming, but remember it's a temporary inconvenience. Keep calm and reassure your little one that it's a common problem. With a bit of patience and perseverance, you'll soon be rid of the lice - and your child will be back to their itch-free self in no time!



TOP TIPS FOR A HEALTHY KITCHEN

Creating a healthy kitchen doesn't have to be overwhelming. These accessible hacks will help you set up a space that makes nutritious eating easy and enjoyable.



For many families, health takes centre stage in the first few months of a new year. But let's be honest - between packed school schedules, your own work responsibilities and the hustle and bustle of life as a parent, creating and maintaining a healthy kitchen can feel like a challenge! The good news is that with a few clever strategies in place, your kitchen can help make healthy meals less stressful, more enjoyable and actually sustainable during the busy weeks of the school term. Whether you're looking to build better habits or simply make mealtimes less chaotic, these tips will help you on your way.

PLAN LIKE A PRO

A healthy kitchen doesn't happen by accident - it starts with a plan. Taking a few moments before the start of each week to map out meals and snacks can be a game-changer. Be sure to check-in with each person in your household so you're able to create a menu that works for everyone's tastes and upcoming schedules. A clear plan is so powerful! The result is fewer midweek scrambles and less temptation to grab quick (but unhealthy) fixes when you're short on time.

A group effort

If it suits you, why not aim to make the planning process a family affair? Perhaps Monday nights could be pasta night, with a veggie-packed marinara sauce, while Friday might be reserved for something fun, like homemade pizzas with whole-grain bases and an assortment of colourful toppings. Giving everyone a say not only encourages your whole family to get on board, but also ensures the meals take into account each person's preferences.

Stick to your list

Once your plan is ready, write a shopping list and stick to it. Stocking up on staples like whole grains, beans, nuts and spices means you're always ready to whip up something nutritious and can press pause on less healthy impulse buys.

Pay it forward

Meal prep is another great idea that has a huge impact. It doesn't have to be complicated or stressful - simply set aside a couple of hours on the weekend to chop veggies, cook grains and marinate your proteins. Prepping ingredients ahead of time means you'll be ready to assemble healthy

meals in minutes, even on busy evenings. When Monday rolls around, you'll thank yourself for being so organised!

For busy parents, it's also worth exploring apps that streamline meal planning. Popular options like Mealime or Plan to Eat can create shopping lists automatically, saving you precious time and ensuring you don't forget the essentials.

SNACK SMART

Snacks are where even the best intentions can unravel. It can be one of the biggest obstacles to maintaining a healthy diet, especially when kids are constantly hungry between meals. The best advice is to keep it simple and healthy with grab-and-go options the whole family can enjoy. Try creating a snack station stocked with pre-cut fruit, veggie sticks, hummus, yoghurt and nuts for easy access in a hurry. Also, remember to store everything in clear containers or portion-sized bags, so it's easy for little hands to reach for something nutritious.

Make your own

If this seems a bit too much, maybe get your little ones involved in preparing their own snack boxes - after all they're much more





likely to eat what they've helped make! You could even turn snack prep into a fun weekend activity. Lay out bowls of chopped veggies, fruit, trail mix ingredients and dips, then let your kids customise their own portions for the week ahead.

Hydration

Water is often overlooked, but essential for maintaining energy levels, focus and overall health for adults and children alike. Water can be a tricky one for many kids, so make it exciting by adding slices of lemon, cucumber or berries for a refreshing twist that beats sugary drinks. A row of reusable water bottles in the fridge, filled and ready to go, means staying hydrated is always within arm's reach.

ORGANISE FOR SUCCESS

An organised kitchen is the secret weapon for healthy eating. Start by decluttering - bin anything expired and donate unopened items

you'll never use. A tidy, well-stocked kitchen eliminates guesswork and keeps things accessible. Once your space is clear, it's time to rearrange it with health at the forefront of your mind.

Clever marketing

This might mean keeping fruits, vegetables and other nutrient-rich staples at eye level in the fridge or pantry so they're the first things your family sees. It could also mean hiding less healthy treats on high shelves or in opaque containers to reduce temptation. It's helpful to invest in clear jars and labels to keep everything tidy and simple to find. After all, when your kitchen looks good and the food is packed appealingly, it's much easier to make smart choices.

Helpful zones

You can even go one step further by creating dedicated zones in your kitchen. For

example, have a 'breakfast corner' stocked with oats, healthy cereals, nut butters and a blender for smoothies. Or set up a 'lunch prep' station with sandwich ingredients, salad fixings and pre-portioned snacks. Having everything in its place makes meal prep feel effortless, even on busy mornings. The more efficient and easy you can make eating healthy food, the more likely you are to stick with it in moments when time is at a premium, when plans change at short notice or when you simply don't have the energy for anything complicated.

MAKE COOKING FUN

Cooking doesn't have to feel like a chore. In fact, it can be a lovely chance to bond with your kids. Whether they sit at the counter chatting and assisting with small tasks, or they're actually of an age where you can cook together, setting up dinner as a group activity will make it more social for you and also give you a built-in time to catch up with your children. Younger kids (or tired teens)

can take part in simple tasks like washing vegetables, mixing ingredients or assembling salads. Not only will they learn valuable skills, but they'll also feel proud of what they've created, and therefore more likely to eat it.

Go global

Sometimes repeating the same meals can feel a bit boring or uninspiring, so try injecting a little adventure with themed dinners, even once a week. For example, have a Mexican night with build-your-own tacos or a Mediterranean spread featuring colourful mezze platters. Exploring global flavours can expand your family's palate while also keeping dinnertime exciting and fresh. This is a really useful tool when it comes to sticking with healthy food, as it adds a little continual fun into the mix!

Work smart, not hard

Working smart, not hard might seem obvious but in practice, it rarely happens without a plan. So, intentionally embrace quick, healthy meals that don't require a lot of effort. Stir-fries, grain bowls and sheet-pan dinners are perfect options for busy nights. They're also versatile, allowing you to use whatever vegetables and proteins you have on hand. Also, stock your kitchen with time-saving essentials like frozen vegetables and canned beans, and consider investing in gadgets like an air fryer or a slow cooker to make life even easier. Having the right equipment can transform your cooking experience, helping you prepare healthy meals with minimal effort.

PORTION WITH PURPOSE

Teaching your family about portion control is a great way to encourage balanced eating when serving children with changing appetites. We can be so guilty of overloading our plates without really thinking, but starting meals with smaller servings is better, letting kids go back for seconds only if they're still hungry. Using smaller plates and bowls can help you manage this without anyone feeling short-changed!

Lean on vegetables

Make vegetables the star of your meals. Just fill half the plate with colourful produce, then add lean proteins and whole grains to keep

everyone energised and satisfied. A good aim is to incorporate at least one new vegetable into your meals each week. Whether it's roasted sprouts, spiralized courgettes or purple sweet potatoes, these new additions will spark your children's curiosity and boost the variety on their plates throughout the week.

Snacks

For snacks, pre-portion servings into containers to avoid accidental overeating. Teaching kids to listen to their hunger cues, by asking themselves whether they're truly hungry or just bored, is a valuable skill that can create healthy eating habits for life.

LOVE YOUR LEFTOVERS

A healthy kitchen is also a waste-free one and leftovers are your new best friend! Be sure to store them in airtight containers and label them with dates so nothing gets forgotten. Play around with repurposing extras into new meals - roast veggies can become soup, cooked grains can go into salads and leftover chicken can be turned into wraps or stir-fries.

If food waste is a concern, consider starting a compost bin for scraps like vegetable peels or coffee grounds. Not only will you reduce waste, but you'll also create nutrient-rich compost for your garden - a win-win!

BALANCE OVER PERFECTION

Healthy eating isn't about cutting out treats or sticking to rigid rules, it's about finding balance. Allow space for the occasional indulgence without guilt, showing your kids that all foods can fit into a healthy lifestyle when enjoyed in moderation.

A mindset of curiosity over restriction is good too. So instead of saying, "We can't have dessert," try saying, "Let's find a fun way to make dessert healthier." Swapping out heavy cream for Greek yoghurt in a recipe or opting for dark chocolate over milk chocolate can make indulgences feel a little lighter without losing their appeal.

Remember, it's not about achieving perfection. It's about creating a kitchen environment where healthy choices feel easy, fun and accessible for everyone. Here's to a healthy, balanced month ahead - one delicious bite at a time!



RECOGNISING CHILDHOOD SLEEP APNEA

Are you wondering if your child's sleep struggles are more than just occasional restlessness? Here are the signs of sleep apnea you should know about.

Sleep is the foundation of a child's growth, development and overall wellbeing. Yet, for some kids and teens, quality sleep is disrupted by a condition that often flies under the radar - sleep apnea. Sleep apnea isn't just about snoring - it can have a ripple effect on kids' health, mood and even their grades at school. While it's more commonly associated with adults, little ones can also experience this issue, and recognising the signs early is the key to ensuring they get the rest they need.

WHAT IS SLEEP APNEA?

Most of us have woken up once or twice to the sound of snorts, rasps or snores from our little one's bedroom. While occasional snoring is quite normal, excessive snoring can be a sign of a deeper sleep issue in kids - and the common culprit is sleep apnea.

Sleep apnea is a sleep disorder where breathing repeatedly stops and starts throughout the night. These pauses, called

apneas, can last for seconds or even longer, disrupting the natural flow of sleep.

In children, the most common form is obstructive sleep apnea (OSA), where the airway becomes partially or fully blocked. This blockage can happen due to enlarged tonsils or adenoids, a narrow jaw, small chin, other structural differences that may lead to a restricted airway, or even obesity. Unlike adults, who often experience daytime drowsiness as a hallmark symptom, kids and teens may exhibit more subtle or unexpected signs.

SUBTLE SIGNS

Sleep apnea in children doesn't always look the way you'd expect. While snoring is a classic symptom, it's not the only red flag. In fact, some of the indicators might surprise you.

Snoring

If your child snores loudly most nights, especially if it's uneven or interrupted by gasps, it's worth paying attention. Occasional snoring, such as during a cold, is normal, but ongoing snoring isn't.

Pauses in breathing

If you notice your child stopping and starting their breathing during sleep, it's a clear sign something may be wrong.

Restlessness

Kids with sleep apnea often toss and turn, waking up in unusual positions. They might also sweat excessively during sleep.



Mouth breathing

If your child is waking up with a dry mouth or regularly breathing through their mouth during the night, this could indicate an obstructed airway.

Mood swings

Poor sleep can leave kids feeling cranky or overly emotional. If your usually cheerful child is suddenly having frequent meltdowns, it could be tied to restless nights.

Difficulty concentrating

Sleep apnea can mimic symptoms of ADHD, such as trouble focusing, hyperactivity or





forgetfulness. Teachers might notice your child is struggling to pay attention in class, or you may see your little one having trouble with longer tasks, such as reading.

Headaches and bedwetting

Frequent morning headaches can sometimes be a result of oxygen deprivation during sleep. In some cases, older children with sleep apnea may also experience bedwetting, even if they've outgrown it.

ACTION STEPS

If you've noticed any of these symptoms, the first thing you should do is start tracking what's happening. Write down your

observations - how often does your son or daughter snore? Do they pause their breathing or do they wake up feeling unrefreshed? Sharing this information with your doctor will give them a clearer picture from the get-go.

Your child may be referred to an ear, nose and throat (ENT) specialist or your doctor might recommend a sleep study. This is often done at a clinic or hospital, where your child's breathing, heart rate and oxygen levels are monitored overnight to assess if sleep apnea is the cause of their sleep disturbance.

AT-HOME SUPPORT

While you wait for professional advice or treatment, here are some steps you can take

to improve your child's sleep environment and habits:

- Consistent bedtime
- Elevate their head
- Encourage healthy habits
- Address allergies
- Limit screens

These are simple at-home actions you can take that will ease some of the factors that make sleep more difficult for little ones already struggling with sleep apnea. A regular bedtime and less screen time will help regulate your child's circadian rhythm, allowing them to fall asleep more easily, while addressing allergies and keeping their head elevated will support their airway staying open as they sleep. Lastly, good healthful habits will slowly tackle any weight issues that may be contributing to their sleep apnea.

TREATMENT

The good news is that sleep apnea in children is treatable. Depending on the cause, options might include surgery to remove enlarged tonsils or adenoids, which can often resolve the issue completely. For kids whose issues are milder, a half year period of 'watchful waiting' is sometimes recommended, where a variety of lifestyle changes are advised to tackle any underlying factors that can be solved without surgical intervention. Another treatment path taken is called continuous positive airway pressure (CPAP). This is a machine that helps keep children's airways open during the night. It involves wearing a soft mask over their nose or mouth, connected by a tube to a box which delivers air concentrated at a higher flow rate. CPAP is an appealing option to many concerned parents as it negates the need for medication or surgery.

Sleep apnea in kids and teens is more common than many people realise, but it doesn't have to go unnoticed. By recognising the signs and seeking help early, you can ensure your child gets the restful, restorative sleep they need to thrive.

If your child's sleep patterns or behaviour have you concerned, trust your instincts. A simple conversation with your medical provider could be the first step towards better nights and brighter days - for both of you.



SPORTS INJURIES IN KIDS

Seeing your little one get hurt can be heartbreaking. Understanding the nature of common injuries, and what you can do, means you'll be able to get your child back to their best.

Sports are a huge part of many childhoods. Kids often play a variety of sports every week and, due to their youthful exuberance, it's not unusual for them to pick up scrapes, knocks and bruises from time to time. For many, this is simply part and parcel of playing sports and the majority of minor injuries can be taken care of with some basic first aid methods. However, sometimes children pick up more serious injuries.

COMMON TYPES

Seeking professional medical attention is always a good idea if you're concerned that your little athlete has gotten hurt. With that being said, it's also worthwhile having an awareness of the types of injuries that kids are most likely to pick up, so that you can be prepared.

Strains

Strains are injuries that affect muscles and tendons. A muscle strain (also called a pulled muscle) can be quite painful, leading to limited movement, weakness and bruising or discoloration.

Tendons are cords of strong, flexible tissue that connect muscle to bone. Tendon strains often result in inflammation and discomfort, along with reduced flexibility.

Sprains

Sprains occur when ligaments are overstretched or, in very serious injuries, torn. Ligaments are similar to tendons except that they connect bone to bone. Children often roll their ankles and it's not unusual for this to result in an ankle sprain. Pain and stiffness in the affected area are the primary symptoms of a ligament sprain.

Fractures

Bone breaks or fractures are many parents' worst fear for their sporty son or daughter. They can be very painful and have quite a long recovery time. Regardless of the severity of the fracture, it's absolutely necessary to seek professional help. Even if you're not certain whether or not your little one has fractured a bone, getting an x-ray will remove any doubt. Better safe than sorry!

Growth plate injuries

One of the trickiest aspects of when your child picks up an injury is that they can have an impact on their physical growth. Growth plate injuries are an example of

this. The growth plate is the area near the end of longer bones in kids' bodies where tissue grows, and these are what enable your little one's bones to develop to full size. Treatment is often similar to that of a fracture and, in most cases, full recovery is relatively straightforward.

Exhaustion

Physical, tangible injuries are often the main concerns of parents but exhaustion is something that should definitely be considered. With packed schedules, lots of extracurriculars and multiple sports being juggled by children, reaching a point of exhaustion is a real possibility. Particularly in warmer weather, we need to make sure that our kids are well hydrated and getting plenty of rest, so that they can keep enjoying their active lifestyle!

ADDITIONAL CAUSES

Most injuries are the result of freak accidents or collisions during a game or at practice. Aside from that, there are a couple of big contributors that can probably be avoided once you're aware of them.

Overtraining

Overtraining is exactly what it sounds like. Too much activity means that there isn't enough time to recover. Over time, tiredness

accumulates and can lead to burnout. Lots of children are super enthusiastic about the sport that they play and they simply can't get enough. Even after a game, they may want to spend time running around with friends or visiting the playground. Unfortunately, sometimes you'll have to step in and slow your little one down. Encourage them to take the evening off, and maybe curl up as a family and watch a movie to get some much needed rest and relaxation.

Repetition

If your child is especially committed to their sport, you may find that they regularly put in time practising certain skills. Commendable though it is, if overdone it can present an issue in the form of repetitive strain injury. There's nothing wrong with your little one showing this level of commitment, just make sure that they're warming up properly, stretching after and getting plenty of rest afterwards.

EMOTIONAL IMPACT

Focusing on the physical effects of your child's injury is naturally the first port of call. Once you feel they're en route to recovery through proper treatment, make sure to check in with your little one's emotional state. Suffering an injury can be a scary experience, and it may even discourage kids from playing sports or trying new things. For more serious injuries, they may be daunted by the prospect of being laid up for a longer period of time. Providing them with emotional support by having regular, open conversations about how they feel can mean that they don't have to suppress any of the negative thoughts that may be coming up for them.

TREATMENT

A first-aid kit is a must for all households, and sports injuries are a great example of why. Small cuts can be treated at home, and similarly, an ice-pack can help tackle minor inflammation. Generally, it's advisable to consult with a medical professional if your child has sustained an injury. Getting them checked over will put your mind at ease and provide you with effective treatment plans and realistic timelines for recovery. Before long, your little athlete will be back playing their sport and the injury will be a distant memory!



PARENTING



Getting kids ready for a new baby; how speech and language therapy could benefit your child; our January event report and more!



WHY PLAYTIME MATTERS

Play is so much more than entertainment - it's the foundation of children's learning, development and wellbeing. Let's delve in!



Problem-solving

Figuring out how to balance blocks, complete a puzzle or create a new game strengthens critical thinking.

Creativity and imagination

Play sparks creativity, whether it's storytelling, pretend play or making up their own rules.

Social skills

Group play teaches cooperation, communication, and conflict resolution - essential for making friends in the playground and working as a team.

Resilience and confidence

Trying, failing and trying again during play helps kids build perseverance and confidence in their abilities. Even something as simple as playing hide-and-seek or making up a dance routine helps children develop cognitive flexibility, learning to adapt and think on their feet.

PHYSICAL BENEFITS

Active play is key for healthy physical development. Running, jumping, climbing and dancing help children improve coordination, balance and motor skills. Regular movement also strengthens muscles and bones, supports cardiovascular health and helps prevent childhood obesity.

And it's not just about physical fitness - active play has been linked to better sleep, improved concentration and even reduced stress levels!

EMOTIONAL HEALTH

Play is a natural stress reliever. When kids engage in unstructured play, they process emotions, express themselves and learn how to manage frustration and disappointment in a safe environment.

For younger children, pretend play - acting out real-life situations like playing house, going to the doctor, or running a pretend shop - helps them understand their emotions and build empathy. For older kids, free play allows them to unwind and recharge, especially after a structured school day.

ENCOURAGING MORE PLAY

With busy schedules and digital distractions, it's easy for playtime to take a backseat. But encouraging play doesn't mean adding more to your to-do list. It can be as simple as:

- Creating play-friendly spaces
- Letting kids take the lead.
- Making time for unstructured play
- Joining in the fun

By making time for play, you're helping your child build the skills, confidence, and creativity they need to navigate the world.

So next time you see your child deep in play, know that they're not just having fun - they're growing, learning and thriving in the best possible way.

In a world where structured activities, schoolwork, and screen time often take centre stage, play can sometimes feel like an afterthought. But for children, play isn't just about having fun - it's a fundamental part of their development. Whether they're building towers, dressing up as superheroes, or running around the park, play helps kids learn, grow and make sense of the world around them.

So, what makes play so important, and how can parents encourage it in everyday life? Let's take a closer look at why unstructured playtime is one of the most valuable gifts you can give your child.

LIFE SKILLS

Through play, children develop a whole range of skills that set them up for success, both in school and in life.



PREPARING KIDS FOR A NEW SIBLING

Little ones can feel a whole range of emotions when they hear that a new baby is on the way. Here, we look at how to prepare them for this big change.



With a baby coming, it's so easy to get caught up in the excitement and concern around your new bundle of joy, and how it's going to change your life as a parent. One thing that shouldn't be overlooked is the effect it can have on your broader family dynamic - particularly if you have other children at home.

While it may not be a surprise for your older child that soon there will be a new addition to the family, that doesn't mean they fully understand what this entails. Depending on how it's framed by parents, children can have very different interpretations of what impact this is going to have on the household. With that in mind, it's worth taking a look at some things to consider when telling your kids about the new arrival, in order to make the adjustment as seamless as possible.

WHEN IS A GOOD TIME?

Of course, it's completely your decision when to reveal to your children that they're going to have a new sibling! However, choosing the right time can feel like a total unknown. Many parents second-guess themselves while trying to figure this out. Perhaps you're struggling to keep it a secret and want to tell them as soon as possible.

Little kids

For young children, nine months of pregnancy is an almost inconceivably long time. Telling them early may result in an initial burst of energy that they won't really be able to sustain until the birth. Also, it can be difficult for them to understand that there is a little sibling growing 'in your tummy' when you have yet to look any different. For these reasons, it can be a better idea to hold off telling young children for a little while - so that they can see the changes your body goes through and they won't feel like they have to wait too long for the big day!

Older children

For older kids, it can be a better idea to tell them earlier. Older children are naturally more perceptive and they will notice changes in you or around the home relatively quickly. As a result, telling them early can reassure them that nothing is wrong, and that exciting times are ahead! This is a great way to make them feel like they're included. Whether it's helping out shopping for new baby clothes

or choosing decor for the nursery, your older children will benefit from being involved throughout the process.

MAKING AN EARLY INTRODUCTION

For most little ones, it can be a challenge to conceptualise the fact that they're soon-to-be sibling is growing inside mum's tummy. One way of helping with this is to introduce them to the new baby, in the womb. As a family, you can agree on a nickname for the baby and encourage your children to speak to the upcoming new member. In the third trimester, your baby will be able to hear your other children talking to them, meaning they'll be getting to know their older siblings' voices too! Once your baby starts to move in the womb and kick a little bit, invite your children to feel this movement. This is another way to remind them of the reality that a new sibling really is on the way.

THE FIRST MEETING

You may have envisioned the perfect first meeting between your children and your new baby, and it can unfold that way. However, it might not go as planned and that's okay too!

With so many nerves from all sides on the big day, it's impossible to predict how your children will react. Little ones should be allowed to react however they want to this life-changing day. Some may want to come say hello as soon as possible, whereas for others, the gravity of the situation may be a

bit overwhelming. Here are a few more tips to make the first introduction a smooth one.

Greet older children first

When your older kids come into the room, greet them first before inviting them to come see their new siblings. Doing this underlines that they're still just as important to you, even though there is so much focus on the new baby.

Gift exchange

Some children love the idea of having a little gift to present to their brand new sibling. If this is something your family is doing, then consider choosing a token for your older children 'from' the baby. An exchange like this will help show that while this new relationship may ask things of everyone in the family, it will also give so much back in return!

Short and sweet

Many little ones may not have the attention span to meet the new baby and stay involved for a long period of time. Keeping this first meeting on the shorter side will ensure that your other children don't feel too much pressure, and you'll be able to quickly check in with them and how they're feeling after this first interaction.

A new pregnancy means that some very exciting times are ahead. Some careful thought will ensure that your other children feel just as loved, included and important as ever!





SIGNS YOUR CHILD SHOULD VISIT A SPEECH AND LANGUAGE THERAPIST

Developmental issues often emerge when children begin learning to speak. Professional support can really help in meeting these struggles head on.

All children are unique and develop different skills at different rates. Hearing your little one's first words is one of the most exciting milestones for parents. However, some kids struggle in this area and might need some extra help. Whether it's a delay in saying their initial words or issues around pronouncing letters or words properly, it's important not to panic and to see that there are steps you can take to help your pride and joy work through this difficulty.

Thankfully, the stigma around speech impediments is fading and society generally accepts that this is just another aspect of childhood development that some need a little helping hand with. Let's take a closer look at the ins and outs of speech and language therapy.

WHAT IS A SPEECH AND LANGUAGE THERAPIST?

Speech and language therapists (SLTs) look at speech from a variety of angles, taking linguistics, physiology, psychology and neurology into account. If your child has any kind of issue speaking, then an SLT is worth a visit. These therapists often have a gentle approach that helps children to overcome their struggles and diffuse any anxiety they may be experiencing around it. It's also good to be aware that while early intervention can make this journey much more manageable, SLTs are very skilled and can help kids of different ages tackle their speech issues.

SIGNS TO LOOK FOR

There are a few things you can keep an eye on when it comes to the development of your child's speech. If your little one displays any of these, consider visiting an SLT for a consultation.

Difficulty with certain sounds

One telltale sign that kids might need some help from an SLT is when they struggle to articulate certain sounds. This often presents itself in saying vowels - you might notice that your little one uses the same sound when trying to pronounce different vowels. Otherwise, it can also appear as omission of parts of words, almost like they are skipping over sections of the words that they find it harder to pronounce. Early on, this can just be a period of figuring things out but if it continues, then it might be a good idea to bring your child to an SLT.

Stuttering

Up to ten percent of children experience some form of stuttering when learning to speak. The root cause of stuttering is still unknown, although experts believe it's a result of neurological processing issues. You might notice your little one beginning to stutter when they get to the stage of putting together small sentences. It can be a repeated sound at the start of a word or a long pause as your little one strains to utter the next word. Either way, it's an uncomfortable situation for any child and parents should try to recruit a professional as soon as possible.

Social struggles

Some children struggle socially due to shyness and sometimes this shyness is born out of an insecurity around speech ability. If little

ones are quick to isolate themselves from others, or very hesitant to speak to those around them, it could be an early indicator of a speech issue that is yet to fully present. In this case, it's possible that your child feels the difficulty within but hasn't spoken enough yet for it to be obvious to you. It's always better to be safe than sorry, so consider a chat with an SLT.

Limited vocabulary

Vocabulary milestones are a straightforward measure to see if your little one might be finding some part of speech development challenging. Usually, at eighteen months of age, children can say over twenty words, and this rises to over fifty words for two year olds. Anything less than this can be cause for concern. SLTs work with children with a range of issues relating to speech and language, and issues leading to a limited vocabulary is one of these.

Comprehension issues

Beyond the age of two, your little one should be able to understand simple statements. If it seems to you that they are struggling to understand what you mean, then it might be that there are broader comprehension issues at play. SLTs are trained to assist with cognitive or psychological problems that may be resulting in your child finding it hard to follow your words.

IF IN DOUBT, CHECK IT OUT

Raising a child can be a stressful experience, full of worries about whether or not they're hitting milestones and developing as they should be. Speech and language therapists cover a huge range of issues that affect kids and may be impeding their growth. For anything from stuttering, all the way to cognitive or neurological obstacles that are challenging your little one, consider booking an appointment with an SLT near you.





BREAKFAST EVENT REPORT:

THE FUTURE OF YOUR CHILD'S EDUCATION

Last month, we held a free breakfast event on 'The Future Of Your Child's Education', sponsored by Dubai British School Jumeirah Park, South View School and Blossom Nursery.



Our January free breakfast event for parents, discussing ‘The Future of Your Child’s Education’, brought together parents and experts for an inspiring and informative morning. Sponsored by our partners at Dubai British School Jumeirah Park, South View School and Blossom Nursery, the event took place on January 29th at ‘The Irish Village – Studio One Hotel’, Studio City, Dubai.

Parents enjoyed a warm welcome from host Veronica Martin, who introduced a panel of expert speakers, each offering insights into the role of early and primary education in shaping a child’s future. From play-based learning, to the latest education trends and the importance of holistic wellbeing, the event provided practical knowledge that left parents feeling empowered and informed.

HOW NURSERY EDUCATION SHAPES EARLY LEARNING

Rose Akachi, Head of Early Years at Dubai British School Jumeirah Park Foundation, kicked off the discussions by explaining why a child’s earliest experiences in education are so important.

She highlighted the power of play-based learning, where children develop literacy and numeracy skills through hands-on activities that encourage creativity and problem-solving. Their curriculum is designed to ensure a smooth transition into primary education, while keeping kids’ natural curiosity and love of learning alive.

Rose also stressed the importance of social interaction in nursery settings, helping children to build confidence, cooperation and empathy. Schools work closely with parents to reinforce these skills at home, ensuring a joined-up approach to early education that supports every child’s development.

THE FUTURE OF EDUCATION

Eisha Patton, Deputy Head of Primary – Learning, Teaching and Assessment at South View School, followed with an engaging talk on how schools are adapting to the challenges of an increasingly digital world.

She discussed how technology and artificial intelligence (AI) are shaping the future, focusing on how schools must adapt to equip students with future-ready skills in an era dominated by technology and AI - which is why it is essential for children to develop digital literacy skills from an early age. She reassured parents that while AI is playing a bigger role in education, it should enhance rather than replace traditional teaching.

Eisha introduced emerging trends in curriculum design, such as project-based learning and interdisciplinary teaching, which help kids develop the adaptability and critical thinking skills they will need in a rapidly changing world. These are considered to be key drivers in preparing students for a rapidly changing global landscape.

Eisha also shared insights on combining traditional teaching with modern methodologies, ensuring that both foundational academic skills and 21st-century competencies are equally prioritised. A strong focus was also placed on nurturing creativity, emotional intelligence, and resilience alongside academic achievement. She finished by emphasising that modern schools must balance academic



excellence with these key life skills, ensuring students grow into well-rounded, resilient individuals.

EDUCATIONAL PLAY IN CHILDHOOD DEVELOPMENT

Next, Hannah Pierce, owner of Child Unplugged, shared her expert knowledge on the vital role of educational play in child development, providing parents with practical strategies to make learning fun, natural, and screen-free.

She highlighted how everyday activities, such as cooking or walking, offer valuable opportunities to teach children foundational skills through play. Encouraging both structured and independent play helps kids build essential skills such as problem-solving, creativity and confidence. For busy parents, Hannah offered simple but effective ideas for incorporating learning into everyday routines, including:

- Sensory play, such as texture bins to stimulate curiosity
- DIY crafts to encourage creativity and fine motor skills
- Outdoor scavenger hunts to combine movement with learning

She explained how reducing digital distractions benefits both children and parents, leading to improved focus, better sleep, and stronger family connections. Hannah offered practical strategies for making the transition easier and highlighted how playtime strengthens relationships and enhances communication.

PARENTING

HOLISTIC WELLBEING OF YOUNG CHILDREN

The final speaker, Zaina Shihabi, Centre Director at Blossom Nurseries, Mudon, focused on the holistic wellbeing of students, emphasising the importance of a balanced approach to nutrition, physical activity and screen-time management in supporting children's overall wellbeing.

She shared practical tips for providing kids with nutrient-rich meals to boost their concentration and energy levels, and she shared practical meal-planning tips for parents and educators, making it easier for busy adults to prepare nourishing, healthy food. She also encouraged parents to incorporate regular movement into their little one's day, and the discussion then covered creative ways to integrate exercise into children's daily routines, from structured sports to unstructured outdoor play.

Zaina spoke about the impact of excessive screen time on children's development, their sleep, attention span and social interactions. She offered clear, achievable ways to set limits, while encouraging alternative activities that stimulate the mind and body, as well as creativity and learning.

She reinforced the importance of a well-rounded lifestyle for young learners and left attendees with valuable and accessible strategies to boost mental, emotional and physical wellbeing, and development in primary-aged children. Her session was a powerful reminder that a holistic approach to education is about more than just academics – it is about ensuring children grow up happy, healthy and ready for the future.

GIVEAWAY GOODIES

To round off the event, guests were treated to a special gift giveaway, with gift bags from Evok, who gave away chocolate bars with a heartfelt note to all attendees. Meanwhile, Al Ain Farms provided delicious juices and milk to keep families refreshed and Palmer's skin care added a touch of luxury with body oils and cocoa butter biotin packs for all.

We are incredibly grateful to our sponsors and partners for making this event possible and cannot wait to welcome you to our next session!

Keep an eye on the website and your email for details of our next event. We look forward to seeing you there!





EDUCATION



How schools are rated in the UAE and ways to help your child overcome maths anxiety!



THE KHDA SCHOOL RATING SYSTEM

Understanding the Knowledge and Human Development Authority system for grading your child's school.



Finding the right school for your little learner can be an overwhelming process. Thankfully, the Knowledge and Human Development Authority (KHDA) oversees the quality of the private educational offerings in Dubai. The KHDA enables schools, parents, children and teachers alike to ensure that the learning environment is of the level that you would expect.

Comprehensive school inspection reports are published by the KHDA that examine the standards and performance of every private school in Dubai. Within this review, there is a section specifically for parents, where the quality of education in each school is outlined. This information is invaluable when assessing the school that

your little one is attending, or when trying to choose a new educational institution.

Furthermore, these reports include specific information about each school's Early Years education programmes, as well as their offerings for children with extra educational needs. Parents can use the insights found in the KHDA report to engage with schools, finding the best fit for their child.

KHDA SCHOOL RATINGS

KHDA uses a six-point grading system, rating the schools in Dubai in comparison to the expectations of the educational standards within the UAE.

Outstanding

The quality of performance of this school substantially exceeds the expectation of the UAE.

Very good

The quality of performance of this school exceeds the expectation of the UAE.

Good

The quality of performance of this school meets the expectation of the UAE. This is the expected level for every school in the UAE.

Acceptable

The quality of performance of this school meets the minimum level of quality required in the UAE. This is the minimum level for every school in the UAE.

Weak

The quality of performance of this school is below the expectation of the UAE.

Very Weak

The quality of performance of this school is significantly below the expectation of the UAE.

TRANSPARENCY

Once the reports are published, schools in Dubai that may sit lower in the KHDA ratings have the opportunity to share their action plan for improvement with parents. You can read this information thoroughly to determine if you are satisfied with the approach of a certain school, or if you feel that your child would receive a more suitable education elsewhere.

The KHDA ratings are one way for parents to stay engaged with their child's educational journey and can be a great tool to navigate the shifting sands of school life and the many factors that contribute to your little one's academic success!

HOW TO OVERCOME MATHS ANXIETY

Fear around maths is a real issue for some students. How can parents help their children move past these feelings and get the grades they're capable of?



For many children, maths can feel like a mountain they're unable to climb. Maths anxiety is more common than you might think, and it can cause kids to feel frustrated, overwhelmed or even afraid of the subject. The good news is that with the right strategies, you can help your son or daughter replace those feelings of fear with confidence and a can-do attitude.

WHAT IS MATHS ANXIETY?

Maths anxiety goes beyond simply disliking maths. It's a genuine emotional reaction that can cause stress, avoidance and even physical symptoms like headaches or stomach aches when faced with mathematical tasks. Often, it stems from a fear of failure or the belief that they're "just not good at maths."

Studies have indicated that maths anxiety and performance can influence one another in a vicious cycle. Research is unclear whether performance triggers anxiety or the other way around. It seems likely to be a combination of both experiences negatively reinforcing each other.

The key to helping kids overcome this is to create a supportive environment where they feel encouraged to learn without the pressure of perfection.

NORMALISE STRUGGLES

The first step in supporting your child is acknowledging that it's okay to find maths challenging. Share stories about times you struggled with maths - or any other subject - and how you worked through it. This lets your son or daughter know they're not alone and that struggles are a natural part of learning.

You can also highlight the fact that even adults use trial and error to solve problems. Reassuring your child that mistakes are opportunities to learn can begin to ease their anxiety and nudge them towards a growth mindset.

LEARN THE LANGUAGE

It is important to teach children that maths is a language of its own. If students can't speak it fluently, they won't really understand the fundamental concepts. Maths is a particular way of using language - it uses specialist vocabulary and symbols. To engage with it, students have to learn specific words and get comfortable with their meaning across different contexts. Much like any language, becoming fluent in maths is a communication journey with several stumbling blocks to contend with. It can be confusing for young minds, as maths is full of strange terms, formats and shorthand too. We should never underestimate the brain work involved - speaking maths is hard work!

Sentence frames, such as "One kilometer is equal to one thousand meters" or "A cuboid has six faces and eight corners" are great practice for clearing up foundational maths



concepts, allowing your young learner to develop fluency in maths vocabulary and a deeper understanding of basic mathematical ideas.

MAKE MATHS MEANINGFUL

Children often struggle with this subject because it feels abstract and disconnected from real life. Bringing maths into everyday activities is a proven way to make it more relatable and less intimidating.

A good starting place is to involve your kids in practical tasks that require maths, such as cooking, where they can measure ingredients, or shopping, where they can calculate totals and change. Games like card games, board games or apps designed to boost maths skills may also make learning fun and engaging.

ONE STEP AT A TIME

Any challenge is easier to handle in parts. With this in mind, break mathematical concepts down into small, manageable chunks. If your child is struggling with long division, for example, start by reviewing simpler division problems to build their confidence before moving on. Remember to celebrate every small victory along the way - it really helps to keep them motivated!

When tackling homework or revising for exams, a calm environment with regular breaks built in will do wonders to prevent feelings of overwhelm. Ultimately, a short, focused session is often more productive than hours of frustrated effort.

FOCUS ON EFFORT, NOT RESULTS

Instead of emphasising grades or test scores, praise your little learner for their effort, persistence and creative thinking. One of the most effective ways to combat maths anxiety is by celebrating progress, no matter how small it may seem. Every time your child masters a concept, solves

a problem, or even attempts something challenging, try to acknowledge their effort and perseverance.

Positive reinforcement is central to building kids' confidence and encouraging them to keep trying. For example, you might say, "I'm so proud of how hard you worked on that problem!" This approach will slowly shift their mindset from fearing failure to valuing growth. Over time, these small wins can add up, turning maths from a source of stress into one of pride.

EXTRA SUPPORT

If your child continues to feel anxious, consider speaking with their teacher or hiring a tutor. Sometimes, having a patient and understanding mentor can make all the difference in giving students confidence in their abilities.

Maths anxiety doesn't have to hold your child back. With patience, encouragement and a focus on progress, you can help them develop the skills - and the self-belief - they need to tackle maths with confidence. Together, you can turn anxiety into achievement, one step at a time!



SCHOOL & FAMILY BREAKS



The anti-ageing
wellness retreat in
Montenegro you'll love
and a romantic city
break in Marrakech!



THE MONTENEGRIN WELLNESS RETREAT YOU DON'T WANT TO MISS

One&Only Portonovi's wellness retreat, in collaboration with Chenot Espace, offers the ultimate escape into relaxation and rejuvenation.

Known for their ultra-luxury design, authentic experiences and genuine hospitality, One&Only is a collection of one-of-a-kind resorts and private homes located in the world's most inspiring destinations. Designed in harmony with nature and immersed in local culture, each remarkable, one-off resort has its own distinct narrative and charisma.

This February, discover a three day and four night wellness retreat along Montenegro's untouched coastline at One&Only Portonovi. Situated on the Adriatic Coast, Portonovi is an easy drive from Dubrovnik (one hour), Tivat (50 minutes), and Podgorica (two and a half hours) airport.

At the entrance of Boka Bay, the resort is an exceptional haven on Europe's 'new riviera'. Described as the world's 'most beautiful encounter between the land and the sea', this little-known destination is exquisitely wild and beautiful, where the open waters of the Adriatic Sea meet the dramatic black mountains that give Montenegro its name.

TURN BACK TIME

Chenot Espace, a leading European wellness destination, combines the latest scientific advances in Western medicine with alternative therapies. Their personalised programs focus on detoxification and rejuvenation through revitalising treatments and immersive experiences. With Chenot's medical wellness at the heart of the experience, Chenot Espace offers a more flexible approach to the Chenot Method®, enabling you to restore vitality in leisure and family-oriented surroundings.

Chenot's holistic diagnostics, Chenot Lifestyle Biomarkers®, assess the impact of lifestyle on your vitality status and ageing process. Following this initial stage of consultation,

you'll receive a personalised programme with nutritional guidance, detox menus, fitness plans, targeted spa treatments, stress relieving activities and more. All of these are designed to stimulate the body to eliminate toxins and trigger repairing and regenerative actions, resulting in increased energy levels and vitality.

The programme aims to provide a short but effective stimulation to the body to detox physically and mentally, and recharge with energy, leaving you with a genuine feeling of wellness. Combining Chenot Method® treatments with a diet plan, is the perfect programme for those who want to begin a lifestyle overhaul.

Three appetising meals per day focus on triggering the body's fasting response, whilst providing ample nourishment to the cells, stimulating the senses and avoiding the unpleasant side effects and risks posed by strict, prolonged fasts. The resort's chefs use only the finest organic ingredients, each chosen for their anti-inflammatory, antioxidant and antiglycation properties.

STUNNING SURROUNDINGS

Stay in unrivalled comfort with four nights at One&Only Portonovi, and avail of some of the most advanced rejuvenation treatments in the world, thanks to Chenot Espace. Chic guest rooms, suites and villas frame spectacular views of Boka Bay or the Mediterranean-inspired village of Portonovi, offering a window into this cinematic landscape. During the retreat, explore Montenegro and soak in the beauty of the region.

For more information and bookings, contact chenot.espace@oneandonlyportonovi.com.



A ROMANTIC ESCAPE TO MARRAKECH

Why The Oberoi, Marrakech might be the perfect destination for you and your loved one, this month and beyond.

Marrakech, the enchanting Red City, is a destination that is famous for its vibrant culture, breathtaking landscapes and timeless charm. For couples on the hunt for a romantic escape, The Oberoi, Marrakech is an idyllic retreat that promises to be a truly unforgettable trip.

Tucked away within beautifully landscaped gardens and Mediterranean orchards, this luxurious haven combines Moroccan elegance with world-class hospitality, offering you true tranquillity with just the right amount of indulgence!

A LOVE-LY SETTING

The Oberoi, Marrakech, is a wonderful example of traditional Moroccan architecture, set against the stunning backdrop of the Atlas Mountains. Spanning 113,000 square metres, the resort is surrounded by centuries-old olive groves and citrus orchards, creating a serene environment far removed from the hustle and bustle of the city. Whether it's a honeymoon, anniversary, Valentine's celebration or simply a getaway, couples will be treated to a magical stay where every detail is aimed towards relaxation.

CHIC SPACES

Staying at The Oberoi is nothing short of extraordinary. From spacious rooms with private terraces to villas with their own pools, the resort offers a level of privacy and luxury that makes every moment feel special. Each space is thoughtfully designed, blending traditional Moroccan artistry with modern comfort, ensuring that you and your partner can unwind in style. With a 24-hour butler service, your every need is anticipated and every wish fulfilled, making your stay truly seamless.

CULINARY ADVENTURES

Dining here is a journey for the senses. The resort's restaurants are incredibly diverse, offering everything from Moroccan specialities to international favourites. You and your loved one can enjoy intimate meals under a starlit sky or indulge in the Royal Dinner on the Grand Canal, a signature experience featuring a European or Moroccan-tasting menu, accompanied by candlelight and soft music.

For a unique foodie journey, Rivayat, led by Michelin-starred Chef Rohit Ghai, celebrates India's rich culinary traditions with a contemporary twist. Meanwhile, the al fresco pool terrace and Tamimt's domed ceilings offer equally unforgettable settings for a romantic meal. Whatever your preference, dining here is as much about connection as it is about the cuisine - and you will be spoilt for options.

BESPOKE EXPERIENCES

This Moroccan retreat takes personalisation to the next level, with plenty of curated experiences to choose from, all designed to celebrate love and adventure. Couples can soar above the city and the Atlas Mountains on a hot air balloon ride, enjoying a gourmet breakfast with breathtaking views. For a memorable evening date, a private barbecue on your villa terrace offers you the ultimate in romance, with a dedicated chef on hand to prepare a feast tailored to your tastes.

For any adventure-seekers out there, the Vintage Sidecar Adventure is a must-try! Ride through Marrakech's labyrinthine Medina, uncover hidden gardens and explore flea markets, all with an air of timeless charm. What a unique way to connect with one another and also with the city's rich heritage.

UNWIND IN STYLE

No romantic getaway is complete without moments of pure relaxation. The Oberoi Spa, an expansive 2,000-square-metre sanctuary, is a beacon of peace and rejuvenation. Specialising in Moroccan hammam rituals, herbal therapies and age-old wellness traditions, the spa offers a plethora of couples' treatments, in luxurious surroundings, overlooking their tranquil private water features. Here, you can indulge in therapies that not only soothe your body, but also nurture your spirit, leaving you both refreshed and reconnected.

THE CITY OF ROMANCE

Marrakech itself is a wonderland for couples, with its vibrant souks, historic palaces and bustling squares. With endless possibilities for exploration and a unique energy, the Red City is definitely one to add to your list.

The Oberoi serves as the perfect gateway to this magical city, allowing you to dip into its energy and culture before retreating to the calm oasis of the resort together. Whether wandering the Medina hand in hand, sipping

mint tea in a private riad or watching the sun set over the Ochre City, every moment in Marrakech is imbued with romance.

A LUXURY ETHOS

The Oberoi brand is founded on the belief that the guest is everything. It doesn't just offer accommodation; it provides an experience where every detail is designed to make you feel cherished. From the warm, attentive staff to the exquisite surroundings, every aspect of your stay is a celebration of love, culture and luxury - how good does that sound?

Here, romance takes many forms. Whether it's a quiet evening by the fireplace, a leisurely breakfast in the comfort of your villa, or a shared adventure across Morocco's stunning landscapes, the resort offers endless opportunities for connection. With its unparalleled service, breathtaking setting and commitment to creating meaningful experiences, it's no wonder this retreat has become a favourite for couples seeking something truly special.

So, if you're looking to celebrate your love in style, The Oberoi, Marrakech, is well worth considering. More than just a destination, it's a journey into the heart of romance itself.



HOME & GARDEN



The top tips for storage
that actually works for
you and your home!





SAVVY STORAGE SOLUTIONS FOR EVERY HOME

Here are some of the most ingenious storage ideas to help you reclaim space, reduce mess and find a place for everything.

Whether you're battling clutter or simply looking to maximise space, smart storage solutions can make all the difference. With a touch of creativity and some clever hacks, you'll be able to organise your home in ways you never thought possible - while still keeping things stylish and functional.

SIMPLIFY FIRST

When it comes to new storage, it's tempting to just pack your possessions into it, with vague thoughts of "I'll go through that later". If this sounds familiar, know that out of sight is generally out of mind and once your new storage is in, it's often harder to motivate yourself to unpack everything you've shoved in, just to throw things out. Good storage is liberating - but this only works if you whittle down what you have first. You'd be amazed at how much space you free up simply by letting go of items you no longer need.

Be honest with yourself about what truly adds value to your life - if it hasn't been used in the last year, it's probably time to let it go. Streamlining not only creates physical space but also clears mental clutter, making it easier to organise and maintain your family home. Plus, once you know what you're keeping, you can better assess your actual storage needs and choose solutions that work for you.

MORE IS MORE

No matter how much storage you create, it always seems like you could use just a little bit more. That's because families grow, hobbies evolve and homes tend to accumulate 'stuff' over time. So, it's best to build flexibility into your storage solutions by opting for multi-functional furniture like ottomans with



hidden compartments or expandable shelves. Modular units can also grow with your family's needs. And don't forget to leave some empty space in your storage systems - having a little wiggle room ensures you're not scrambling every time you bring something new into the house.

STAY CHARACTERFUL

Storage doesn't have to be boring! In fact, it can add heaps of character. Vintage trunks, antique cabinets and even quirky baskets will double as functional storage while enhancing the look of your home. Alternatively, a rustic ladder used as a plant rack or mismatched wooden crates turned into shelves add a warm, eclectic vibe to your space. Instead of hiding away your storage solutions, aim for pieces that are as aesthetically pleasing as they are practical. With a dash of imagination, your storage can be a design statement that reflects your family's personality and style.

OPEN STORAGE OPTIONS

Open storage might be a mainstay on our Pinterest boards, and it's definitely a visually appealing way to showcase your favourite items, but it's not always the most practical option for families. If you're not naturally neat or tend to accumulate mismatched items, open shelves might quickly turn into a chaotic mess, especially with little ones around. They also require more frequent dusting and upkeep which might not

be ideal for busy parents. Before committing, think about whether you're ready to maintain the aesthetic. If not, opt for closed cupboards or opaque baskets that keep things tidy and out of sight, while still looking chic.

UNDERSTAIRS GENIUS

The area under your staircase is often underutilised, but it has untapped potential. Consider turning it into a sleek set of pull-out drawers for storing everything from shoes and coats to books and toys. If drawers aren't your thing, why not transform the space into a cosy reading nook with built-in shelves for books and magazines? For pet owners, this spot could even become a custom-made home for your furry friend.

MAGNETIC MAGIC

When it comes to small spaces like kitchens and bathrooms, magnetic strips are a game-changer. Attach a magnetic strip inside a bathroom cabinet to hold tweezers, scissors or nail clippers. In the kitchen, a magnetic knife rack saves drawer space while keeping your tools handy. For a fun twist, try magnetic spice jars on the fridge - practical and eye-catching!

DOUBLE-DUTY FURNITURE

Furniture that doubles as storage is every space-saving enthusiast's dream. Ottomans with hidden compartments are perfect for

storing blankets or board games, while beds with built-in drawers are perfect for stashing out-of-season clothes. In the living room, look for coffee tables with lift-up tops to hide away remotes, magazines and other clutter. For small bedrooms, a headboard with built-in shelves, drawers or compartments to store books, gadgets or even your bedtime essentials. This is such an easy way to add extra storage. Not only does this save precious space but it also means everything you need is within arm's reach, while maintaining a clutter-free vibe.

PEGBOARD PERFECTION

Pegboards aren't just for workshops - they're a storage hero in any room. Mount one on your kitchen wall to hang pots, utensils and measuring cups, or use it in your child's bedroom to organise their toys and crafts. In the office, a pegboard is a great spot for stationary, cute plants and trinkets or other small supplies - with the bonus of a clearer desk!

BEHIND-THE-DOOR

The back of a door is often an overlooked storage goldmine. Over-the-door organisers are great for shoes, scarves or even cleaning supplies. In the kitchen, a rack on the pantry door is a cute way to store spices or small jars too. For kids, accessible hanging pockets over the door are wonderful for their games, toys or books to help their stay room tidy.



HANGING HACKS

In a similar vein, it's always good to think vertical when it comes to storage. You can use command hooks to hang baskets on your walls for holding everyday essentials, like toiletries or small toys. In the kitchen, try installing rails with hooks to hang mugs, pans or even herbs in small pots. For your wardrobes, cascading hangers will instantly triple your hanging space, making it much easier to keep clothes organised.

UNDER-BED STORAGE

The area under your bed is prime real estate for storage, but it often goes to waste. Invest in flat containers or sliding bins to store things like shoes, extra bedding, seasonal clothing, old photos or even craft supplies neatly tucked away. For a DIY twist, you could add castors to wooden crates for easy roll-out storage.

REPURPOSE WITH PURPOSE

Before tossing out old or unused items, have a think about how they can be repurposed

for storage. An old ladder is able to become a stylish towel rack in the bathroom or a creative way to display blankets in the living room. Mason jars aren't just for jam - your family could use them to store small items like buttons, stationery or even bathroom essentials like cotton pads and earbuds. Wooden crates might be painted or stained and stacked to create a unique shelving unit, perfect for books, shoes or pantry items. Repurposing not only saves your household money, but it also gives your home a unique, personal touch.

MAKE USE OF WALLS

If floor space is at a premium, walls are your best friend. Give floating shelves a go in any room for an instant storage boost - perfect for displaying trinkets, books or kitchen essentials. In smaller spaces, try using corner shelves to make the most of every nook and cranny. Wall-mounted organisers with hooks or small baskets can also keep entryways clutter-free by providing the perfect spot for keys, bags and other essentials. For kids' bedrooms, wall-

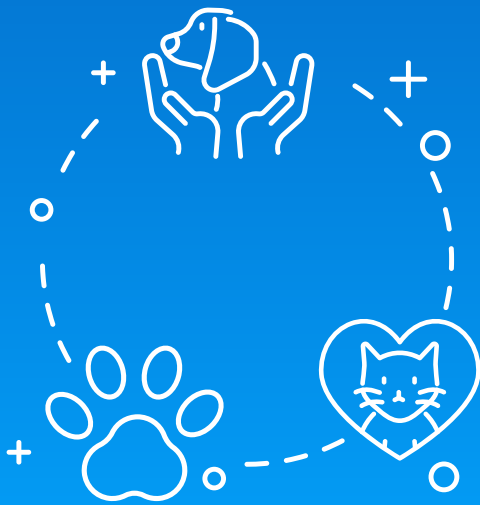
mounted bins or cubbies are genuinely great for keeping toys off the floor, while making tidying up a breeze at the same time.

CUSTOMISE

Sometimes, the best storage solutions are the ones tailored to your specific needs. If you're working with a tricky space, consider custom-built shelves, cabinets or drawers. For example, a pull-out pantry unit might maximise any tricky narrow kitchen spaces, while built-in shelves around a bed can double as both storage and a design feature. Even DIY options, like adding hooks inside cupboard doors or creating drawer organisers with bamboo dividers, can make a huge difference. Custom solutions don't have to be expensive - a little creativity goes a long way!

Clever storage solutions aren't just about tidying up - they're about making your home work for you. By thinking outside the box and using every inch of space, you'll be able to create a home that's functional, stylish and easy to keep tidy. After all, a well-organised home is a happier, more relaxing place for your family to thrive!

PET CORNER



Five alternative family pets and how animals can teach children life skills!



FIVE POPULAR PETS TO CONSIDER

Choosing a pet for your family is an exciting decision, but it's important to find one that suits your lifestyle, space and level of commitment.



While dogs and cats may be the first pets that come to mind, there are plenty of other fantastic options that can make wonderful companions for you and your children. Here are five popular pets to consider bringing into your home, each with its own unique charm.

TORTOISES

If you're looking for a pet with a calm nature and minimal upkeep, a tortoise might be perfect. These slow-moving reptiles are gentle and fascinating to observe, making them ideal for families with young children. Tortoises need a spacious outdoor enclosure or a well-set-up indoor habitat with a heat lamp and proper substrate. They thrive on a diet of leafy greens, vegetables and specialised

pellets. With lifespans that can stretch for decades, they're a long-term commitment but a rewarding addition to the family.

GUINEA PIGS

Guinea pigs are a popular choice for families, and it's easy to see why. These sociable little rodents are friendly, gentle and love human interaction. They're happiest in pairs or small groups, so consider adopting more than one to keep them company. Guinea pigs need a



spacious cage with soft bedding, hiding spots and plenty of hay to munch on. They're low-maintenance pets, but their adorable squeaks and playful behaviour make them endlessly entertaining for little ones.

RABBITS

Rabbits are an excellent choice for families looking for a cuddly, interactive pet. These fluffy companions are full of personality and can even be litter trained. Rabbits need plenty of space to hop around, so a large indoor enclosure or a secure outdoor run is essential. With gentle handling and lots of love, rabbits quickly become affectionate members of the family - ideal for those with sensitive children!



LIZARDS

For families who like reptiles, lizards are a fascinating option. Popular species like bearded dragons and leopard geckos are



docile and easy to care for, making them great pets for beginners. Lizards require a terrarium with heat lamps, UV lighting and a set up that mimics their natural habitat. They enjoy a diet of insects or, for some species, vegetables and fruits, so their food requirements are not too complicated. Watching their unique behaviours and caring for them can be really interesting for curious children and little learners with an interest in science.

BIRDS

Birds bring music and colour into your home, while offering plenty of fun for kids. Species like budgies, cockatiels and lovebirds are



intelligent, sociable and can even learn to mimic sounds or words. Birds need a spacious cage, regular interaction and toys to keep them mentally stimulated, which can be great for parents looking for a pet that will keep their little ones entertained. They're ideal for families who want an animal with a big personality packed into a small size.

HOW PETS CAN TEACH KIDS LIFE SKILLS

Pet ownership is a chance to help little ones learn some of life's biggest lessons in a gentle, rewarding way.



Most parents experience a time when their little one starts asking for a family pet. While this can feel like yet another thing to manage, there are actually some amazing benefits to pet ownership in terms of children's development. So take some time to consider the positive effects of adopting a furry friend before you make a final decision.

FIVE LIFE LESSONS

Admittedly, your little one probably isn't asking for a dog or a cat to further their own development. If you do choose to grant this request, however, there are ways in which it can benefit everyone involved!

Raising a pet offers a unique way to teach kids some of life's most important lessons, such as empathy, duty, staying active and more.

Empathy

In short, empathy is the ability to understand and feel the emotions of another. Spending time with an animal can gently expose little ones to the ups and downs that we all experience in everyday life. If your dog is feeling a little sad or scared, your child will be able to learn that by cuddling and comforting them, they're helping their canine buddy overcome these difficult feelings.

New research shows that dogs respond to unhappiness in the humans around them. They might even go as far as nuzzling up beside your child if they're feeling glum, in an effort to cheer them up. Reciprocity in these moments can underline the effect of empathy for your little one. Developing empathy at a young age will stand to your child throughout their childhood, and beyond. In a way, empathy is almost like a super power, and it will allow them to forge deep connections with the people in their life.

Responsibility

For most young children, owning a pet will bring about their first sense of obligation. We can sometimes be too hesitant to give our little ones some responsibility out of fear that they will be overwhelmed. In doing that though, they might miss out on the upside. Minding the new pet, making sure they get fed or taking them for a walk are neat ways your child can practise being responsible for something. Yes, it'll be a challenge at first but once they feel the satisfaction that comes afterwards, they'll be more able to understand responsibility. Not shying away from their duties will ensure that your little one will be well set-up for whatever comes their way.

Self-esteem

As discussed, practising responsibility by taking care of a pet has many perks for children when it comes to how they interact with the external world. Similarly, it can provide a lift to their internal world - in the form of improved self-esteem. Looking after and loving a pet (and being loved back!) can help us all to feel better about ourselves. Acting in an independent manner by taking the dog for a walk will almost definitely have a positive effect on your child's relationship with themselves.

Also, having another being, whether it be a person or an animal, rely on you for support is a self-esteem booster. For your little one, it's a way for them to feel that they're important and capable. A good level of



self-esteem is so helpful for children trying to stand on their own two feet and navigate this complicated world.

Physical activity

Health-wise, exercise is essentially non-negotiable and finding new ways to fit this into your child's life is always good. Through PE at school, and sports after school or at weekends, there are ample opportunities for little ones to stay active. However, not all kids excel in this arena and they may even develop a strong dislike for it. If your child is turning their back on sport for one reason or another, that doesn't have to mean that they have to stop exercising. Taking the family dog for a walk or a play in the park is a wonderful, fun way for your child to get their sweat on without worrying about sport or athletics.

Patience

Today, we can get almost anything at the click of a button and that certainly has some drawbacks. For one, the desire for instant gratification is so prevalent among children and this will almost definitely present them with issues throughout life. In order to counteract this, it's crucial to introduce elements of delayed gratification. Opportunities to encourage your little one to practise patience should not be missed. Teaching a pet new tricks or helping to house-train them will demand patience, and your little one will learn that good things take time. As they develop, they will be able to leverage this patience while working hard to achieve their goals!

PAWS FOR THOUGHT!

It may seem sensible to reject your little one's pleas for a new furry family member but there are numerous reasons to pause and consider this idea further. While not the only method to help your child develop these life skills, it's a way to do so while bringing the lightness and joy that come along with the arrival of a new pet!

GOOD LIVING



The Editor's favourite ways to mark Valentine's Day this month!



This Valentine's Day, whether you're treating your partner, your friends or yourself, here are my top ideas on how to celebrate!

EXPRESS YOUR LOVE WITH A PIECE OF YOU



This Valentine's Day, make your gift truly unforgettable with Piece of You, a brand that transforms cherished memories into bespoke, wearable works of art. Known for their ability to capture the essence of meaningful moments, Piece of You crafts exquisite 18kt gold jewellery adorned with diamonds, pearls and colored stones. Whether it's a special name, a memorable date or the coordinates of a place you both hold dear, founder Amreen Iqbal works with precision and passion to create timeless treasures as unique as your love story.

For more details, visit www.pieceofyou.ae.

SWEETEN YOUR CELEBRATIONS WITH KÂDO



Valentine's Day is the perfect excuse to indulge in sweet treats, and Kâdo is here to elevate your celebrations. Known for their handcrafted desserts that blend elegance with mouthwatering flavours, this Dubai-based brand offers a variety of luxurious creations that are as beautiful as they are delicious. From petit fours to gourmet cakes and biscuits, Kâdo combines traditional recipes with contemporary flair.

Highlights from their Valentine's selection include:

- ✓ **Rose Chocolate Dessert:** Rich dark chocolate filled with hazelnut praline and a hint of rose.
- ✓ **Upside-Down Raspberry Cheesecake:** A vibrant and romantic dessert with fresh raspberries.
- ✓ **Cream Puffs:** A Middle Eastern twist with flavors like rose, pistachio and chocolate praline.
- ✓ **Sticky Date Cake with Pecans:** A warm, indulgent treat perfect for sharing with your loved one.

What sets Kâdo apart is their attention to presentation. Their desserts come packaged in stunning refillable leather trays and contemporary gift boxes, making them a feast for both the eyes and the taste buds. Prices start at AED 60, making it easy to find something special for your loved one.

Visit Kâdo at Mirdif Avenue Mall, or place an order via @kadoduba on Instagram.

PICNIC PERFECTION WITH PAPRIKA

Looking for a casual yet memorable way to celebrate Valentine's Day? A romantic picnic could be just the thing, and Paprika's 'Customised Picnic Boxes' make it effortless. Designed to elevate your beach day, park outing or desert escape, these gourmet boxes are packed with love and flavour.

Each box, priced at AED 69, includes a variety of crowd-pleasing options, such as:

- ✓ Your choice of biryani (Hyderabadi, Lucknowi or vegetarian).
- ✓ Burgers (options include Sweet Potato & Beet or Zinger Chicken).
- ✓ Mini pizzas
- ✓ Decadent desserts
- ✓ Seasonal fruit

Delivery is available within Dubai city limits for AED 50, making it a really easy and convenient choice for your romantic outing.

Call or WhatsApp 050 1477462 or 058 5704594 to place an order. For more details, visit @paprika.dubai on Instagram.





AFTERNOON TEA WITH A ROMANTIC TWIST

Treat yourself and your partner to a sophisticated afternoon tea experience at Peacock Alley, located in the luxurious Waldorf Astoria Dubai Palm Jumeirah. From February 10-14th, this Valentine's special offers an array of delightful treats to indulge in together.

Expect heart-shaped sandwiches, freshly baked scones and exquisitely designed Valentine-themed pastries, paired with a selection of fine teas, freshly brewed coffee or even bubbly. This is the perfect option for a quaint celebration of love in a gorgeous setting!

Packages:

- AED 400 per couple (includes two pink mocktails)
- AED 500 per couple (with pink grape)
- AED 700 per couple (with premium bubbly)

Call +971 4 818 2222 to make a reservation, or visit www.waldorfastoria.com for further information.

LOVE YOURSELF THIS VALENTINE'S AT WE NAILS



Valentine's Day isn't just about couples - it's also about self-love. From February 12-14th, treat yourself to a fabulous nail makeover at We Nails, where they're offering twenty per cent off nail art.

Whether you're in the mood for romantic hearts, bold swirls or edgy anti-Valentine's designs, the talented artists at We Nails will help you express your vibe during the month of love.

Location: We Nails, Trident Grand Residence, JBR

Timings: 10 am - 9 pm

Call +971 50 507 7501 to book.

INDULGE IN ROMANCE AT EFOREA SPA



Nothing says "I love you" like a relaxing spa experience, and eforea Spa at Hilton Dubai Palm Jumeirah has curated the perfect Valentine's Day packages to help couples unwind and reconnect this February.

Romance In Serenity Hammam Couple Experience

Rejuvenate with your loved one with a Hammam experience that warms the soul and leaves you both feeling refreshed and connected. Options include 80 minutes for AED 1150, or 140 minutes for AED 1750.

Unwind In Love Couple Spa Treatment

Relax side by side with a soothing massage that will melt away the everyday stress. Starting at AED 600, you may also elevate your experience with rose petals and candles for an additional AED 500.

Dates: February 14-16th

Call 04 230 0090 or email DXBPJ_SPA@Hilton.com to secure your spot.

DINNER UNDER THE STARS AT BLA BLA



Celebrate love with an unforgettable evening under the stars at Bla Bla. With Ain Dubai as the perfect romantic backdrop, you'll enjoy a three-course menu featuring expertly crafted dishes, alongside bubbly for AED 220 per person. Vegetarian and vegan options are also available if you prefer. For those looking to elevate their experience,

the VIP Package (AED 799 per couple) includes a bottle of Moët and a special Valentine's gift.

Available from 6 pm, begin with a tantalising selection of starters, including lobster tail and beef tataki. For the main course, you and your love can savour options like sea bass, roast chicken and a delicious steak, finishing the evening on a sweet note with a delightful dessert. The setting is magical, seated beneath a starlit sky with live music on the restaurant stage to set the tone - everything you need for a romantic Valentine's evening!

Call 04 584 4111 or email reserve@blabladubai.ae to make a booking.

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