

ISSUE 166 | APRIL 2025 | DHS15

Mother **Baby &** Child

**KEEPING KIDS
SAFE ONLINE**

**FAMILY ACTIVITIES
FOR SPRING BREAK**

**HOW TO SPOT THE
SIGNS OF DYSLEXIA**

**EVENT REPORT:
BLOOMING
BELLIES AND
BABIES**

**EDITOR'S
BEAUTY
PICKS**



**RAISING
EMPATHETIC
CHILDREN**



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EDITORIAL

EDITOR: Ella Naseeb Ryan
ella.ryan@cpimediagroup.com

ADVERTISING & SPONSORSHIPS

Mathew Tharakan
mathew.tharakan@cpimediagroup.com
05 05 34 95 94

MARKETING

marketing@cpimediagroup.com

DISTRIBUTION & SUBSCRIPTIONS

info@cpimediagroup.com

DESIGN

Froilan A. Cosgafa IV

FOUNDER

Dominic De Sousa
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P.O. Box 13700
Tel: +971 4 568 2993
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EDITOR'S LETTER

Hello Mum!

Many families will be enjoying spring break this month, and school holidays can be a great reminder to slow down and connect with each other outside of the hectic term time schedule. In a world that often feels fast-paced and overwhelming, taking a pause like this is a chance to explore the magic of asking "How did that make you feel?" A simple question, this is a surprisingly useful addition to your parenting toolkit, helping you stay more in tune with your child! These six words invite kids to explore their emotions and have a go at articulating their experiences - which will develop their confidence to express themselves more often. Check out our article on this brilliant phrase over on page 30!

As parents out there will be aware, with children spending more time online, it's super important to make sure they navigate the digital world safely. Flip to page 18 to read our five key tips to protect your kids from online risks - while also building a healthy relationship with technology. From parental controls to open communication, you'll find some handy pointers to help keep your little ones safe in the virtual space.

Last month we held a free breakfast event for parents, with the theme of 'Blooming Bellies and Babies'. Hosted on March 8th at the gorgeous Stella di Mare hotel in Dubai Marina, the event was a wonderful opportunity for mothers to come together and learn. With fantastic sponsors like Ecoma, ClevaMama and Ingenuity, we had a lineup of expert speakers share their knowledge on all things baby care. We're so grateful to all who attended and made the morning so special! Read all about it on page 26, and if you missed it, don't worry - we'll have more exciting events coming up soon.

Elsewhere, you'll find a piece on the common signs of dyslexia in children on page 36, as well as the six features of a family-friendly kitchen, which you can check out on page 43. I'd also love to draw your attention to my interview with Keshia Pieters about her upcoming project, HABIT, a holistic wellness brand for women in the region that aims to support female mental health. You'll find that over on page 20.

Is your family looking for a unique travel experience? On page 39 we take you on a journey through Germany's stunning car-free holiday islands - where natural beauty, adventure and relaxation await. Discover why these destinations are perfect for family-friendly getaways, offering everything from pristine beaches and child-safe exploration, to charming villages and fresh organic produce.

As always, I've chosen my favourite beauty picks with you in mind over on page 49, including a new floral fragrance you'll love, the perfect pair of statement jeans and a lash serum that really works!

I don't like to give everything away here, so instead I'll leave you to discover this issue for yourself!

Happy reading!

Editor

Mother, Baby & Child Magazine



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Editor's — PICK —

SLEEP BUDDY - TRULY ONE OF A KIN

Let me introduce you to One of a Kin, Dubai's innovative sleepwear brand, and its latest creation, the Sleep Buddy. This baby comforter is a game-changer in sustainable design! Crafted from upcycled TENCEL™ Modal x Microfibers derived from the brand's production excess, what really sets the Sleep Buddy apart is its mission to create comfort that goes beyond the crib.

In collaboration with Dubai Cares, a UAE-based global philanthropic organisation, One of a Kin ensures that all profits from each purchase are donated to support youth access to quality education. Also, driven by their zero-waste philosophy, One of a Kin repurposes production leftovers into these adorable comforters, supporting a circular economy and minimising environmental impact. With every snuggle, the Sleep Buddy not only brings joy to your baby, it also contributes to transforming lives globally, bridging the gap between comfort and meaningful change.

*Check out the Sleep Buddy in store or at
www.oneofakin.com.*





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A SOOTHING NEW SCENT FROM & OTHER STORIES

After more than a decade of delighting customers like myself, & Other Stories' iconic bath and body range is showcasing a vibrant new look. Signature favourites and fresh products now come wrapped in a reimagined design, bringing their world of scents into a new creative era.

The bath and body range features vegan formulas and skin-loving ingredients such as macadamia oil, shea butter and sweet almond oil, as well as a multitude of scents. Each fragrance boasts an elaborate composition of notes developed by & Other Stories' own team of beauty experts, together with some of the world's leading perfumers. The latest addition to the fragrance family is my personal favourite - a long-lasting warm scent called Perfect Pistachio. Delicious, delightful and dreamy!

Shop now in selected stores and at www.stories.com

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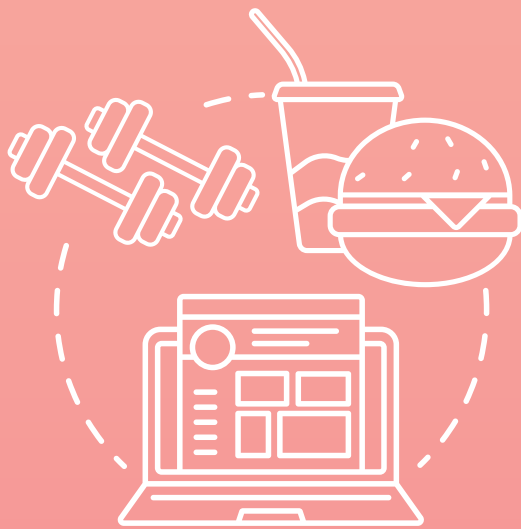


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THINGS TO DO



Family-friendly Easter activities in the desert; kids' adventure passes; a focaccia workshop for foodies and more!



YOUR LITTLE ONE'S NEXT ADVENTURE

Have you got a thrill-seeker in the family? Well, Adventure HQ is where the excitement is - jump into action with the Spring Pass Combo! This exciting pass offers the best of both worlds, so your little adventurer can spend some upbeat time in Adventure Zone and then recuperate at Chillout. Watch as they scale climbing walls, conquer obstacle courses and gear up for the next outdoor adventure. Whether they're just trying it out or they're a seasoned adrenaline-lover, there's something for every level of explorer!

Location: Adventure HQ, Times Square Center

Timing: Until April 13th

Pricing: AED 120 for 60 minutes at Adventure Zone and 30 minutes at Chillout

For bookings, please contact Adventure Zone on 800 23847 or Chillout Ice Lounge Café on 800 24455688.



CELEBRATE EASTER YOUR WAY WITH CUCINA

Cucina, the beloved neighbourhood Italian eatery at Palm West Beach, invites your family to indulge in a spring-tastic offering. Enjoy a lively Pasqua Brunch filled with the flavours of Italy for an unforgettable Easter celebration for all.

Pasqua Easter brunch

You and your loved ones can enjoy interactive food stations that bring the best of Italy to the table. Indulge in handmade pasta, wood-fired Acquasale pizzas, home-baked breads at the Focaccia Counter or premium roasts, or sample signature dishes such as lasagna lamb, risotto alla Milanese, and salt-crusted sea bass. The Spritzeria serves refreshing drinks and grape on tap, while the Gelateria presents classic Italian desserts, including Colomba cake, tiramisu and crema Catalana.

A dedicated kids' area ensures lots of fun for your little ones – with Easter egg hunts and child-friendly foodie favourites on hand.

Location: *Cucina, West Palm Beach*

Timing: *Sunday, 20th April from 1 pm to 4 pm*

Pricing: *AED 349 for adults; AED 95-150 for kids; under-2s dine free*

A weekend stay

If you wish to turn your celebration into a special weekend affair, you can add the brunch to a weekend stay at Marriott Resort Palm Jumeirah's limited time offer. Book a two-night stay at this beachfront getaway to enjoy a daily breakfast and a special Easter brunch at Cucina. This luxurious experience starts at AED 2,690 per night for a family of four with children under 12.

To make a booking, email reservations@cucinathepalm.com or call 04 666 1408.



SCHOOL'S OUT, WAFFLES ARE IN



Duck & Waffle Dubai, the beloved DIFC hotspot known for its playful take on British comfort food, is giving you even more reason to dine out this spring break. Throughout the holidays, children can eat free all day long!

Whether it's breakfast, a lunchtime treat or a dinner out with the whole gang, Duck & Waffle is serving up signature dishes and iconic views - now with added family-friendly flavour. Parents can enjoy favourites like the namesake Duck & Waffle and the Spicy Ox Cheek Doughnut, while little ones tuck into delicious dishes on the house. What an exciting treat!

For bookings, email reservations@duckandwaffledubai.com or call +971 56 880 2828.

EASTER FUN IN THE DUNES AT SONARA CAMP DUBAI



Easter returns to the golden dunes of Sonara Camp Dubai on Sunday 20 April, with a magical desert experience created especially for families and children. As the sun begins to set, your little ones can dive into a joyful line-up

of activities including face painting, arts and crafts, egg painting and a classic Easter egg hunt.

Once night falls, children can settle in for a cosy Easter movie under the stars, while you and your family enjoy an incredible menu of delicious food served sharing-style, alongside live entertainment and a spectacular fire show. It's the perfect way to round off a memorable Easter celebration in the heart of the desert.

For bookings and further details, email info@sonara.ae or call +971 50 336 7909.



GET YOUR BAKE ON AT COCOA & CHILLI

Calling all bread lovers, home bakers and foodie enthusiasts - it's time to roll up your sleeves and get doughy! Cocoa & Chilli, the charming Indo-French bakery nestled in the heart of Al Mina Rashid is hosting a Focaccia Workshop on Saturday, April 26th, where you'll get the chance to knead, stretch and top your way to the perfect golden loaf. Learn the secrets to crafting artisanal focaccia from scratch as Sue, founder and head baker at Cocoa & Chilli, takes you through the makings of the ultimate focaccia while you get the chance to explore your creative side with your own flavour combinations and toppings.

Whether you're a seasoned baker, a curious foodie or looking to explore more exciting things to do around Dubai, don't miss out on this hands-on experience that promises loads of doughy fun, and freshly baked goodness. How delicious!

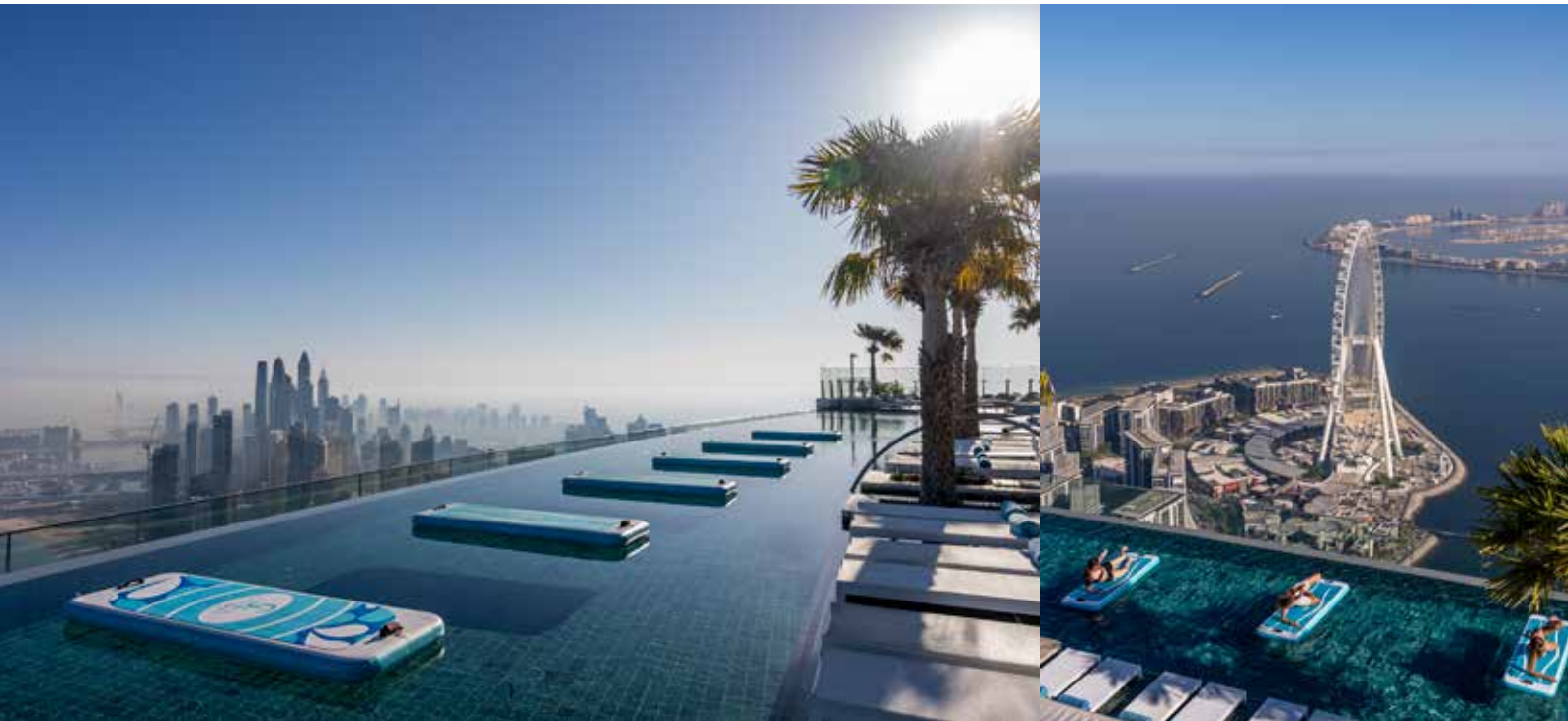
Location: Cocoa & Chilli, Al Mina Rashid

Date: Saturday, April 26th

Timing: From 10 am to 12 pm

Pricing: AED 190

For bookings and more information, contact Cocoa & Chilli on +97155 216 8456.



EXPERIENCE THE WORLD'S FIRST FLOATING YOGA AND PILATES CLASS

Perhaps you think you've seen it all when it comes to luxury fitness experiences. That might be all about to change! Soar above the clouds and discover a new take on wellness at ZETA Seventy Seven in Address Beach Resort. The stunning destination is set to make history once again with the launch of Dubai's first-ever Floating Yoga and Pilates experience at the world's highest outdoor infinity pool. In collaboration with Super SupFit, this innovative event offers a chance to elevate your fitness routine while soaking in breathtaking views of the Arabian Gulf and the Dubai skyline.

Perched on the 77th floor of Address Beach Resort, ZETA Seventy Seven boasts picturesque, uninterrupted views of the turquoise waters of the Arabian Gulf, the iconic Palm Jumeirah and the dazzling Dubai skyline. The infinity pool, recognised by Guinness World Records as the world's highest outdoor infinity pool at an impressive 310 metres above sea level, provides an unparalleled setting. This unique experience offers you the rare opportunity to practice yoga and Pilates while floating high above the city's shimmering skyline. What an amazing chance to hone your skills, calm your mind and take in the view of a lifetime!

The floating classes will be held twice a month, from 8 am to 9 am and 9 am to 10 am, presenting a serene yet challenging environment for participants. With Super SupFit's expert trainers

guiding each session, participants will stretch, balance and flow on water, which promises to be an invigorating fusion of fitness, fun and mindfulness. These classes are designed to enhance both strength and flexibility, while providing a calming and meditative atmosphere to reconnect body and mind.

This exclusive event is launched in celebration of ZETA Seventy Seven's fourth anniversary. By merging fitness with luxury, Address Beach Resort continues to push boundaries, creating moments that are as memorable as the setting itself. With limited spots available, the Floating Yoga and Pilates classes are set to become the most sought-after wellness experience in Dubai.

Super SupFit is renowned for its boutique high-intensity, yoga and Pilates workouts on stand-up paddle boards, hosted in the world's most exclusive, sun-drenched locations. Driven by the belief that fitness should be a pleasure, not a punishment, Super SupFit brings a fun, dynamic approach to wellness. Through bespoke brand collaborations, pop-up events and immersive wellness mornings, Super SupFit curates experiences that inspire joy, movement and connection. Take your fitness journey to the sky and become a part of history with this truly unique experience!

For bookings and more information, visit www.supersupfit.com.

WELLBEING



Holistic wellness for women; simple ways to teach children empathy; how to keep kids safe online and more!





BUILDING EMPATHY IN KIDS

Empathy is a key social skill that impacts how we move through the world around us. However, it needs to be nurtured to truly blossom!

Empathy - the ability to understand and share the feelings of others - is one of the most valuable traits we can instill in our children. It boosts their emotional wellbeing and helps them form strong relationships, make ethical decisions and navigate the world with kindness and integrity. Yet, empathy doesn't just develop on its own. Like any other skill, it needs to be nurtured and reinforced through everyday interactions, conversations and positive role models.

In a fast-paced world filled with distractions, competition and digital influence, raising empathetic children requires intentional effort. It's not just about teaching kids to be "nice" - it's about helping them truly understand different perspectives, recognise emotions in others, take personal accountability and respond with compassion.

So, how can we cultivate empathy in our kids? Here are some key ways to help them grow into kind, caring and emotionally intelligent individuals.

BE THE MIRROR

Children learn by watching the adults around them. If they see their parents practicing empathy by listening attentively, showing kindness and treating others with respect, they will naturally mirror that behavior.

It's good to subtly explain empathy in yourself. If a server at a restaurant seems flustered, you could acknowledge their effort



by saying, “She looks really busy. Let’s be patient.” If someone shares bad news, respond with compassionate words like, “That must be really tough for them.” These small moments teach kids that empathy isn’t just a lesson - it’s a way of interacting with the world.

ENCOURAGE PERSPECTIVE-TAKING

One of the best ways to develop empathy is to help little ones see things from another person’s point of view, so try to encourage them to imagine how someone else might feel in a given situation.

For example, if your child is upset because a friend didn’t share a toy, ask, “Why do you think they didn’t share? Do you think they might have been worried about losing it?” When reading a book or watching a movie, pause to discuss a character’s emotions with phrases like, “How do you think she felt when no one listened to her?” These questions help children practice stepping outside of their own perspective and considering the feelings of others, a foundational skill for empathy.

TEACH EMOTIONAL AWARENESS

Before kids can understand other people’s emotions, they need to recognise their own. Teaching children to identify and name their feelings (whether it’s frustration, sadness, excitement or disappointment) helps them develop emotional intelligence.

Aim to speak about emotions openly. Instead of saying, “Calm down,” try, “I see that you’re feeling frustrated. Do you want to talk about it?” Helping children label their emotions not only validates their feelings but also makes it easier for them to recognise and respond to emotions in others.

USE BOOKS AND STORIES

Stories are powerful tools for teaching empathy because they allow children to experience different perspectives in a safe and engaging way. Books introduce kids to characters with diverse experiences, struggles and emotions, helping them develop a broader understanding of the world.

It’s wise to look for books that feature a wide range of characters and emotions, and ask questions like, “How do you think he felt when that happened?” or “What would you have done in that situation?” These discussions encourage kids to put themselves in others’ shoes and think about feelings beyond their own.

ACTS OF KINDNESS

Empathy isn’t just about understanding feelings. It’s about taking action. Sometimes all little ones need is the encouragement to practice small acts of kindness that show they care about others. Simple

gestures like making a get-well card for a sick friend, offering to help carry groceries or comforting a classmate who is sad reinforce the idea that their actions can positively impact others. When children experience the joy of helping, they become more motivated to act kindly in the future.

You might even want to make kindness a family habit by participating in volunteer activities, donating to causes together or simply making a point to express gratitude and appreciation in your everyday family life.

ACTIVE LISTENING

Listening is a big part of empathy. When children learn to listen, not just to respond, but to truly understand, they become more compassionate communicators.

Teach your child to practice active listening by making eye contact, nodding and responding thoughtfully. Encourage them to listen without interrupting and to ask questions that show they care about what the other person is saying.

If your child rushes to offer advice or dismisses someone's feelings, gently guide them by saying, "Instead of trying to fix it right away, let's try to understand how they feel. What do you think they need from you right now?"

DIFFERENT EXPERIENCES

Kids also develop empathy when they are exposed to people and experiences outside of their own world. Opportunities for them to interact with people from different backgrounds, cultures and perspectives are important for broadening their horizons.

This could mean traveling to new places, attending cultural events or simply having conversations about differences. When children see that people have various experiences, beliefs and challenges in this life, they become more open-minded and empathetic.

If direct exposure isn't possible, reading books or watching documentaries from the point of view of someone dissimilar to your child can be a great way to introduce them to different perspectives. Lastly, it can be beneficial to talk about real-world issues in age-appropriate ways to help them understand struggles that others face.

ADDRESS BULLYING AND INJUSTICE

Empathy isn't just about feeling for others; it's about standing up for them. Teaching kids to recognise when someone is being treated unfairly and to speak out against bullying and injustice is a big piece of the empathy puzzle.

If your child witnesses someone in their class being excluded or mistreated, it's good to discuss how they can respond. "How do you think she felt when no one included her? What could you do next time to help?" are great conversation starters. Encouraging your children to be upstanders rather than bystanders - people who stand up for fairness and kindness - is the goal and helping kids understand the impact of their actions will empower them to use their voices to create a more empathetic world.

GIVE PRAISE

When children show empathy, acknowledge it. It might sound simple but positive reinforcement encourages them to continue these behaviours. Instead of just saying, "Good job," try to be specific - "I noticed you helped your friend when he was feeling sad. That was really kind of you." feels much nicer to hear.

Another approach is to take a moment to reflect together at the end of the day, by asking "What's something kind you did for someone today? How did it make them feel?" Reflection helps children become more aware of their empathetic actions and their impact on others.

EMOTIONAL WELLBEING

Empathy doesn't just help children build stronger relationships - it also plays a vital role in their own emotional wellbeing. When kids learn to understand and connect with the emotions of others, they also become more aware of their own feelings. This emotional intelligence allows them to better manage stress, navigate conflicts with confidence and develop resilience in challenging situations. Children who practice empathy tend to feel more secure in their relationships, as they understand how to express their emotions in a healthy way and look for support when needed. Additionally, by working on a sense of connection and belonging, empathy reduces the feelings of loneliness and isolation kids can experience, which leads to better overall mental wellbeing. In short, teaching kids empathy not only helps them be kinder to others, it also equips them with the emotional tools they need to thrive in their own lives.



THE ULTIMATE HOSPITAL BAG CHECKLIST FOR BIRTH

Here are the things that you might want to have packed as you prepare for labour and the miracle of meeting your little one for the first time.



Childbirth is a miracle, and also an absolute rollercoaster. Minutes may feel like hours, or vice versa. Either way, advance preparation can help the whole process to go a little more smoothly. Depending on your disposition, you may shy away from the idea of packing a bag in advance or you may find it soothing to take control of some aspects of this exciting (but daunting!) situation. Trust us - when the time comes, you'll be grateful to have the bag pre-packed and ready to go!

THREE BAGS ARE BETTER THAN ONE

On the face of it, packing a hospital bag may seem straightforward but there are a number of things to consider. One recommended approach is to, in fact, pack three bags. It might seem excessive but there's a method to the madness.

Your main bag

This bag should be the biggest of the three, and will store all of the necessary items for your stay, including anything you might need during and after the labour itself. Starting with clothes, you'll need a change of outfit for going home, including spare pairs of underwear and socks. Next up is a toiletries bag with all your usual items that you would take on a trip - don't forget anything that will help you to feel a little pampered too.

Some pyjamas and a dressing gown are also a must-pack for comfort. Pop in some maternity pads and any pain relief medication that you think you'll need. Here, you can also bring books, a tablet and any chargers you may need, along with your birth plan if you have created one.

Lastly, remember to pack anything you and your baby will need immediately post-birth. Prepare something comfortable for you to wear and the essentials for your beautiful newborn, namely a diaper and their first little outfit!

Your baby's bag

Packing a bag for your little bundle of joy who's yet to arrive is such a fun activity and is a great outlet for all of the anticipation that has undoubtedly been building up. This bag will contain all that your little one will need once they've arrived! Start with ample bodysuits and sleepsuits, as well as plenty



of diapers. Some muslin cloths, a nice soft blanket, and perhaps a hat for your newborn, should all make their way into this bag. A packet of baby wipes is useful here also, to take care of any little spills or messes that may happen. Finally, take some baby balm to take care of your adorable newborn's precious skin.

Your partner's bag

It's safe to say that your birthing partner won't be working as hard as you on this big day, so part of their job is to supply anything that you may need to support you during your stay. Suitable food and drinks are always useful to have on hand. Labour is tough and having an ample supply of snacks at the bedside can give you little boosts along the way. Make sure that any food you bring is gentle on your stomach and easy to digest, as your body will be focusing its energy elsewhere.

This bag should also contain any clothes and toiletries that your birthing partner might need throughout the duration of your stay. A battery pack to charge any of your devices is worth squeezing into this bag, just in case there aren't any sockets available in the room.

OTHER TIPS

Before you set out for this miraculous event, there are a few more handy tips to be aware of. In the lead up, swap out your usual

hygiene products for unscented alternatives. This will allow your newborn to sense your natural scent which will help them to bond with you. You can also sleep with their blanket for your final few days of pregnancy and it will absorb some of your scent too, turning it into a soothing item of comfort for your little one.

AN EASY EXIT

Last but not least, consider making a 'leaving the house' checklist. On this list will be anything and everything that you need to do in order to make sure that your house is safely locked and everything inside is switched off. You don't want to be en route to the maternity ward trying to remember if you turned the TV off or closed all of the windows! So put together a comprehensive list that will leave nothing to chance.

Aside from all of the obvious ones, there are a few items for this list that are worth considering. It can be a good idea to tell your neighbours that you're heading to the hospital so that they don't worry about your absence. And don't forget to leave some food out for your pets, if you have any. Finally, remember to bring the bags that you have so carefully packed!

At the onset of labour, whether this is your first time or not, it's a weight off your mind to know that the practical preparations have been made and you can focus on looking forward to welcoming your newborn to the world!

FIVE TIPS FOR YOUR CHILD'S INTERNET SAFETY

With huge amounts of harmful content and disinformation flooding the internet, it's a good time to recap on how to keep our children safe online.

The internet is evolving constantly and at a rapid pace. Many mums probably feel like they have a pretty good understanding of how to keep children safe online. With that being said, it's well worth going back over some of the dos and don'ts, as new challenges and dangers are cropping up daily.

CREATE AGREEMENTS

As a family, come together to set out some agreements or ground rules when it comes to internet use. It's best to foster an environment where you can chat openly with your children about their activity online. Ideally, parents should be aware of who their children are interacting with online and what content they are consuming. The internet is a very enticing place and it doesn't really come with a set of instructions. It's your job to teach your little one some of the basics. Let them know that everything that they do online, whatever they post, comment, search or watch, will be recorded somewhere. This isn't supposed to frighten them - it's simply laying out some of the truth behind the online world.

Encourage your child to engage with the internet (and the other people on it) in a positive manner, and as you would expect them to behave in the real world. Let them know if they encounter anything negative, that you will be there to help them handle it. Working together is crucial to maintaining your child's safety.

GO ONLINE TOGETHER

One of the best ways to lay the foundations for healthy internet usage is to venture into the online space together. You can call



family members, look up videos together and try learning something new. These actions will help your little one to explore the internet in a safe environment.

Encouraging your child to lead the way, you can use these times to highlight any traps that you may come across. Whether it's disinformation, unsafe websites or inappropriate content, it's important that you teach your child how to recognise these. There are countless ways in which the internet can be harmful for children. They may be exposed to all kinds of unsuitable content that might try to influence them one way or another. Armed with the knowledge of how to spot online danger, your child will be off to a good start!

PROTECTIVE SOFTWARE

One benefit of the booming software industry is that there are a number of tools that parents can use to ensure their child stays out of harm's way while spending time online. Starting with your child's



device, or the device that they will be using to go online, make sure that the security software is up to date. This will reduce the chances of them getting into trouble online. Similarly, check the privacy settings are set to the highest level and that data sharing is minimised.

Only use trusted sources for internet security software and regularly check that the device's privacy settings haven't been changed, due to updates or otherwise. With these security boxes ticked, your little one can browse away in a sheltered manner.

ROLE MODEL HEALTHY USE

With all the best intentions, some parents can fall at the final hurdle when it comes to safeguarding their children online. Even if you have laid out strong ground rules, downloaded the latest security software and have spent time together online, it can all fall apart if you don't interact with the online world the way you're asking your child to. The internet can be a scary and dangerous place for adults too! Try

to keep your own boundaries around screen time intact and your child will mirror this. By setting an example for them to follow, it will be easier for your little one to develop a positive relationship with the internet.

LET THEM HAVE FUN

Last but not least, let them breathe! It doesn't all have to be doom and gloom - the internet is a source of entertainment, fascination, education and lots of creativity too. This isn't about demonising the internet, it's about learning to approach it in an informed and prepared way. So once you're happy your pride and joy is safe, and keeping you informed of their internet activity, allow them to have fun online. Whether it's chatting with friends, gaming or making art, spending time online can be so fruitful.

Just remember to check in with them regularly and with genuine curiosity. Once you develop this relationship, they are far more likely to show you what they're doing online and not hide any activity from you. Remind them that if they come across anything unsettling while on the internet, that you are there to help them.

BALANCE

With all that said, we should be teaching our children how to balance their online and offline time. The line between these two is much less clear for younger generations so it helps to encourage them to maintain an active lifestyle, meet friends in person and take part in non-digital pursuits too.



HOLISTIC WELLNESS AND WOMEN'S MENTAL HEALTH: AN INTERVIEW WITH KESHIA PIETERS

This month, we spoke to Keshia Pieters about her upcoming project, HABIT, a holistic wellness brand for women in the region.



Keshia, it's so lovely to get this opportunity to chat to you! For any of our readers who don't know you already, could you please tell us a little about HABIT and your mission to address mental wellness for women?

HABIT is a deeply personal project for me, and it was born out of my own experiences with mental health. I've always been passionate about supporting women to thrive and feel their best, and never truly understood how many other women were struggling silently with the same feelings, like anxiety, stress and depression. Over the years, I realised that finding the right tools and resources to support my wellness journey were often confusing, overly complicated, expensive – and the stigma it carried stopped me from reaching out to my friends, family and professionals for support. HABIT was created to change this.

Our mission is to empower women to prioritise their mental and physical wellbeing in a way that feels true to who they are and what they need. It's not only about providing high-quality natural supplements designed to support their bodies, but also about creating a space for women to build lasting, healthy habits that help them thrive through all of life's ups and downs.

Ultimately, HABIL is my way of saying, “You don’t have to do this alone.” We’ve got your back with natural products that have been mindfully created, a holistic wellness platform that actually empowers you and a space where you can just come as you are, no judgment.

HABIL is holistic and provides personalised support. How are you aiming to accomplish this?

The big idea with HABIL is that wellness isn’t a one-size-fits-all – it’s super personal. Right now, we’re all about our products, which are crafted with natural, science backed ingredients to target some of the most common challenges women face, like stress, anxiety, PMS and sleep issues. Our six products have been designed to help women balance their mind and body, giving real, natural solutions that work with their lifestyle. But the bigger picture here is that we want to go beyond just products. We’re in the early stages of dreaming up a wellness platform that will tie everything together, giving women the tools to track things like health data, access to educational resources, interactive tools, professional support and access to meaningful community events. The goal is creating a whole experience that is tailored to them so that they feel supported and empowered every step of the way.

Can you give a brief overview of HABIL’s six core products?

We’ve developed six core products that tackle some of the most common challenges women face in relation to mental health, such as low mood, stress and anxiety, sleep issues, PMS, brain fog and low libido. Each product is designed to provide natural, effective solutions to help women feel more balanced and supported throughout their day-to-day lives.

To ensure our products are as effective as possible, we’ve worked with a team of experts who specialise in mental health and nutrition, so we can make sure the products are not just functional, but genuinely helpful.

Second, we’ve focused on using only the highest quality ingredients, all of which are carefully sourced and manufactured in the US. It’s so important to us that our products are something we would use and that actually work, to make sure they’re making a real difference in the lives of women.



What does the future look like for HABIL as a brand?

It is honestly such an exciting time and we’re so ready to finally get our products into the hands of women who really need them. Right now, our focus is on finding investors and getting ready to launch later this year in the UAE. These next few months will be for fine tuning every little detail and setting the stage for something bigger.

Next year we’ll be rolling out the full product line and scaling within the UAE. This will be a chance to introduce everything we’ve been working on and connect with more women so we can continue to build a community that feels real and supportive.

And further down the road, we’ll be launching the wellness platform and scaling beyond the UAE, reaching women in other parts of the GCC, the US and eventually

all over the world. We are committed to building a movement where women feel seen, heard and empowered to live their biggest, fullest lives.

Is there anything else you would like to say to our readers?

Honestly, just a huge thank you for being here and supporting HABIL. I think it’s so important to remember that mental wellness is something we all need, no matter what stage of life you’re at – whether you’re juggling motherhood, starting a new career, or just trying to get through the daily chaos. It’s something we all deserve, and that’s what I want HABIL to be about – showing up for you, no matter what you’re going through. So, thanks again, and I can’t wait to take this journey with all of you!

PARENTING



A look at our March event on baby care; the power of asking “How did that make you feel?” and more!





EIGHT WAYS TO SPARK JOY THIS SPRING BREAK

Finding ways to keep your child busy during school holidays can be challenging. These eight activities are sure to hit the spot!

With spring break well underway, you may already be running out of ways to keep your little one occupied! The time off school can be a welcome opportunity to unplug from school, get some extra sleep and generally relax a little bit. However, we all know that the time comes when children have had enough recharging and begin to get amped up. Let's look at a few activities and excursions you can do with your child during this downtime.

TAKE A STROLL

Sometimes the simplest pleasures are the best. Taking a walk might be just the antidote to your little one's spring break boredom. A leisurely stroll around your

area will provide plenty of time for you to chat and catch up, while getting a little bit of exercise. Let your child take the conversation wherever they want and try to take in your surroundings as you walk. Together you can play games, such as I Spy, or take turns counting the number of different coloured cars you pass.

SPRING CLEANING

Spring cleaning isn't really anyone's idea of a fun time but that can all change if you frame it slightly differently. Cleaning can be exciting if you present it as a game of sorts. You and your child can both use your imaginations to transform a messy space into a clean one, by banishing the 'mess monster' or fighting back



against the dust! With a touch of creativity and storytelling, a household cleanup turns into a fun adventure.

REDECORATING

In a similar vein, spring break is a wonderful chance to take care of that redecorating that you've been putting on the long finger. Inviting your child to help can fill them with a sense of importance and, often, they'll be genuinely happy to get involved. Of course, it's up to you to take ultimate responsibility and so only give them small tasks within the overall job you're taking on. If you're painting a wall or a piece of furniture, assign them a little section to take care of. Later on, they will be able to look back and admire their handiwork with pride!

TREASURE HUNT

Treasure hunts are an absolute classic. Whether at home or in the park, and working together or on separate teams, a treasure hunt is a perfect way to spend an afternoon. Consider putting some extra time in beforehand to make maps and get ready to make some great memories with your child. Depending on their age, place the hidden

treasures in appropriate places and perhaps even build up to the ultimate treasure at the end - which could be treats, their favourite toy or anything else you feel will make them feel like celebrating!

HIDE AND SEEK

Another staple of a holiday afternoon is hide and seek. Such a versatile game, it can be played almost anywhere and with countless different outcomes. You can play at home and see who can come up with the best hiding place, or consider taking the game to the local playground, as long as it is safe to do so. Taking turns to be the 'hider' and the 'seeker' will keep it fresh and interesting. Watch as your little one struggles to hold in their glee and anticipation!

TOURING YOUR OWN CITY

Taking a day to explore your own area as if you were tourists is a novel activity. As a busy mum, you are so used to rushing around the place, and going to the same places regularly for both convenience and predictability. This is a chance to turn left instead of right, to try out that new café everyone has been

talking about, or to sample some culture in one of the museums. With your loved ones, you will get to see a whole new side to your neighbourhood!

MOVIE MARATHON

If the weather isn't suitable to go outside or if your family are favouring a quieter day, why not indulge in a movie marathon? For one day only, throw the screen time rules out the window, stock up on snacks and drinks, and pick a few movies that you can all enjoy as a family. You might rarely get the opportunity to do something like this and it's actually a heartwarming way to spend time together, just hanging out. What a treat!

PLANTING SEEDS

Lastly, spring break can be used to practise a spot of gardening! With your green thumbs at the ready, grab a few plant pots, some soil and a few seeds or saplings to plant. Gently show your child how to use the tools and don't worry if they make a mess. Tending to plants in this way can be very soothing and a worthwhile reminder of our connection to nature. Plus, soon you'll have an array of lovely plants all around your home!

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BREAKFAST EVENT REPORT:

BLOOMING BELLIES AND BABIES

The theme for March's free parent breakfast event was 'Blooming Bellies and Babies', sponsored by Ecoma, Clevamama and Ingenuity. Here's a quick rundown of the insightful discussions at the event!



Our March breakfast event for parents was all about “Blooming Bellies and Babies” - a morning filled with insights, fun and community. Hosted on March 8th (International Women’s Day!) at the gorgeous Stella di Mare hotel in Dubai Marina, the event was a wonderful opportunity for mothers to connect and learn. With fantastic sponsors like Ecoma, ClevaMama, and Ingenuity, we had a lineup of expert speakers sharing their knowledge on all things baby care.

The morning kicked off with a warm welcome from our host, Veronica Martin, who introduced an inspiring panel of speakers. From eco-friendly baby essentials to innovative parenting solutions, the discussions left parents feeling empowered, informed, and ready to take on the journey of raising little ones with confidence.

ECOMA: ECO-FRIENDLY BABY ESSENTIALS

First up, we heard from Alison Duhan, brand representative from Ecoma Baby Care, who shared why choosing eco-friendly baby products isn’t just better for little ones, but also for the planet. Traditional baby products often contain harsh chemicals that can irritate babies’ sensitive, delicate skin and pose health risks - not to mention the waste they generate! In contrast, eco-friendly alternatives, made from natural, biodegradable materials, ensure safety and comfort for infants, while reducing the environmental impact. Alison highlighted the broader implications of sustainable practices in parenting, pointing out that conventional baby care products contribute significantly to landfill waste and environmental degradation. By choosing sustainable options, parents can actively reduce their ecological footprint, promoting a healthier planet for future generations.

Ecoma is leading the way in sustainability with their plant-based, biodegradable diapers, designed to be gentle on babies skin and kinder to the environment. Made from sustainably sourced materials like biodegradable corn starch fibers, these diapers are ultra-soft, breathable and free from harmful chemicals, ideal for newborns. Plus, with 12-hour leak proof protection, parents can feel reassured that their little ones will stay dry and comfortable. Certified by FSC, FDA, and Sedex, Ecoma’s products combine high standards of safety, sustainability, ethical sourcing and performance - making them a game-changer for eco-conscious families. Ecoma’s products empower parents to make responsible choices that benefit both their children and the planet, setting a new standard in sustainable baby care.

INGENUITY: SUPPORTING PARENTS EVERY STEP OF THE WAY

Next, Veronica introduced Ingenuity, a premium baby brand under Kids2, dedicated to making parenting just that little bit easier. Let’s be real - parenting is tough, and Ingenuity understands that every family’s journey is unique. Their products are designed to offer practical, stylish and helpful solutions to help parents navigate daily life with their little ones.

Recognising that parenting is not a one-size-fits-all experience, Ingenuity aims to be part of the support system for families from sunup to sundown. Their product categories



are thoughtfully designed to address various aspects of parenting:

- Easy Eating: High chairs and booster seats that simplify mealtimes.
- Peaceful Play: Play gyms and toys that promote engagement and development.
- Helping Hand: Bouncers, swings, and travel accessories that provide convenience and comfort.
- Shared Shut-eye: Bassinets and playards to support restful sleep for babies.

In 2020, Ingenuity expanded into baby toys, adding plush squeak toys, rattles, lovey blankets, and more to their collection. This expansion marked the brand’s entry into the play category, which, as parents know, is an essential part of babyhood! They also launched ‘Tty by Ingenuity’, a gear line that emphasises safety, comfort, and elevated design, making these features accessible to all families.

PARENTING

In 2022, they took things even further by acquiring Baby Dream Machine, a 5-in-1 sleep device designed to help babies (and parents) get better rest. With every new product, Ingenuity continues to prove they're committed to helping parents along their journey - one tiny victory at a time!

CLEVAMAMA: MAKING PARENTING EASIER

Last but certainly not least, Veronica Martin spoke about ClevaMama, a baby and toddler brand committed to making parenting easier with innovative, high-quality, and sustainable products. Inspired by nature, the brand designs items that help babies grow and explore the world while ensuring safety, comfort and practicality for parents. This beloved company is all about making life simpler for parents while ensuring the best for babies. With products designed for sleep, feeding, bath time, travel and maternity support, ClevaMama offers practical solutions that are as stylish as they are functional.

One of their standout innovations is ClevaFoam technology, which provides gentle pressure relief and supports your baby's growing body - helping to reduce the risk of flat head syndrome. Their sleep products, including ClevaFoam mattresses and pillows, are designed for maximum comfort and better sleep quality, making bedtime a dream for both babies and parents. With a commitment to education, ClevaMama also empowers parents to make informed, eco-conscious choices. Their blend of functionality, safety, and sustainability makes them a leading choice for modern parents seeking the best for their little ones.

A GIFT FOR ALL

To end the event on a high note, parents were treated to gift bags from Wonderbrands, which included a 'Tame Your Tusks' Silicone Teether, a language-neutral soft book for newborns, and an organic cotton baby comforter - because who doesn't love a little treat?

We had such a fantastic time celebrating parenthood and learning from the experts. A big thank you to all our sponsors and attendees who made the event so special!

Be sure to check out our photo gallery to relive the highlights, and keep an eye on our website and emails for details on our next event. We can't wait to see you there!





THE MAGIC OF ASKING “HOW DID THAT MAKE YOU FEEL?”

This simple question is such a useful addition to your parenting toolkit. It helps you stay more connected to your child, while deepening their emotional awareness.



Parenting is full of moments that shape how children understand themselves and the world around them. While guiding them through life's ups and downs, one of the most powerful tools you can use is the simple question "How did that make you feel?" These six words invite kids to explore their emotions and have a go at articulating their experiences - which will develop their confidence to express themselves.

By asking this question, you're helping your child build up their understanding of emotional intelligence, their problem-solving skills and their sense of security in the relationship between you. Whether they're facing a tricky situation at school, navigating the ups and downs of friendships or celebrating an achievement, this question encourages kids to reflect on their feelings and learn from their experiences.

BUILDING EMOTIONAL INTELLIGENCE

Understanding and managing emotions is a central life skill. Asking "How did that make you feel?" encourages children to pause and consider their emotional response to a situation, rather than reacting impulsively. Over time, this practice helps them recognise patterns in their feelings, allowing them to handle challenges with greater awareness.

For example, if your child has an argument with their brother or sister, rather than immediately offering a solution, try asking, "How did that make you feel?" This simple shift allows them to name their emotions and process them in a healthy way. The old adage "A burden shared is a burden halved" also comes into play here. Sometimes when kids have an opportunity to get something off their chest, it actually diffuses the situation hugely! When children regularly reflect on their feelings, they develop emotional resilience, and this is certain to serve them well in adulthood.

Encouraging children to name their emotions also improves their self-awareness. When they can put words to their feelings, they gain a clearer understanding of their emotional triggers and reactions. This, in turn, helps them develop self-regulation skills that are essential for handling frustration, disappointment and conflict in a more constructive way.

OPEN COMMUNICATION

Young people need to feel heard and understood to develop strong communication skills. By regularly asking "How did that make



you feel?" you create a safe space where they know their emotions are valued. Over time, this teaches kids that their thoughts and feelings matter, making them more likely to open up to you in the future.

If your child comes home from school looking upset, instead of saying, "You look sad, what happened?", try asking, "How did that make you feel?" This approach avoids assumptions and allows your son or daughter to express themselves in their own words. Over time, they'll learn that they can always turn to you for support, which is the best way to continually grow their trust in you.

Consistently using this question also strengthens your relationship with your child. When children know they can talk openly about their emotions without fear of being dismissed or judged, they are more likely to turn to you in times of need - and this sense of trust and emotional safety is the foundation of a strong parent-child bond.

NAVIGATING FRIENDSHIPS

Friendships can be both joyful and challenging for children. Most young people experience social anxiety or worry at some point during their growing up years. Encouraging kids to explore their emotions helps them navigate any tricky social situations that come up with greater confidence. If your child tells you about a disagreement with a friend, rather than

jumping in with advice, try saying, "That sounds tricky. How did that make you feel?"

This approach helps children process their experiences before seeking a solution. They might realise they felt left out, frustrated or confused, which makes it easier to decide what to do next. By guiding them to recognise their feelings, you're giving them the tools to handle friendships more independently.

It also encourages children to reflect on their behaviour and how their actions impact others. If they've been unkind to a friend, you could ask, "How do you think that made them feel?" to help your child be more empathetic and take some accountability. Over time, this habit of reflection will contribute to stronger, more meaningful relationships.

CELEBRATING POSITIVE MOMENTS

Asking "How did that make you feel?" isn't just for difficult situations. It's just as important to encourage your child to reflect on their happy moments too! When they share good news, taking a moment to ask how they feel reinforces their achievements and helps them savour positive experiences.

For instance, if your child wins a prize at school, it's normal to say "Well done!" However, try to ask, "How did that make you feel?" instead. This gives them space to express their excitement and pride, making the moment even



more special. It also teaches them to recognise and appreciate their accomplishments, which is an easy way to boost their self-esteem in the long run.

Encouraging children to recognise and express their positive emotions also promotes gratitude and optimism. When they take a moment to reflect on joyful experiences, they are more likely to develop a positive outlook on life and a deeper appreciation for the good things around them - a win-win!

TEACHING EMPATHY

Understanding emotions isn't just about self-awareness - it also plays a key role in developing empathy skills. When children learn to identify and express their feelings, they become better at recognising emotions in others. This helps them build stronger relationships and develop their sense of compassion.

An interesting parenting move that encourages empathy is to flip the question. If your child tells you about a friend who was upset, ask, "How do you think that made them feel?" This helps them consider another person's perspective and builds their ability to connect with others emotionally. Over time, this practice will help them become more considerate and understanding individuals.

Regularly engaging in these conversations also helps kids become better problem-solvers. When they learn to consider different perspectives, they develop the ability to navigate conflicts with greater flexibility, understanding and sensitivity.

MANAGING DISAPPOINTMENT

Disappointments are a natural part of life! Learning how to process them is an important and often overlooked skill. Whether it's losing a game, missing out on an invitation or struggling with schoolwork, children need support to understand their emotions and move forward.

Instead of immediately reassuring them with "It's okay, don't be sad," try saying, "That must have been hard. How did that make you feel?" This acknowledges their emotions and gives them permission to express their sadness or frustration. Once they've had a chance to process their feelings, they'll be in a better place to discuss possible solutions or ways to handle similar situations in the future.

By making space for children to express their feelings of disappointment, you are also teaching them resilience. They learn that setbacks are a normal part of life and that emotions are temporary, which helps them develop a stronger sense of perseverance.

STRENGTHENING YOUR BOND

At its root, asking "How did that make you feel?" shows your child that you care about their experiences and emotions - a surefire way to create a deeper sense of connection and trust between you both. When children know they can share their feelings without fear of judgement, they feel more secure in their relationship with you.

This question also reassures them that their emotions are valid. Even if their feelings seem small or fleeting to an adult, taking the time to listen helps children feel seen and understood. Over time, this lays the foundation for open communication in later years.

A LIFELONG HABIT

Encouraging your child to reflect on their feelings isn't just about childhood - it's a skill they'll carry into adulthood. By making "How did that make you feel?" a regular part of your conversations, you're helping your child develop emotional intelligence, resilience and empathy. Whether they're navigating friendships, making big decisions or handling challenges at work, the ability to understand and express emotions will always be valuable.

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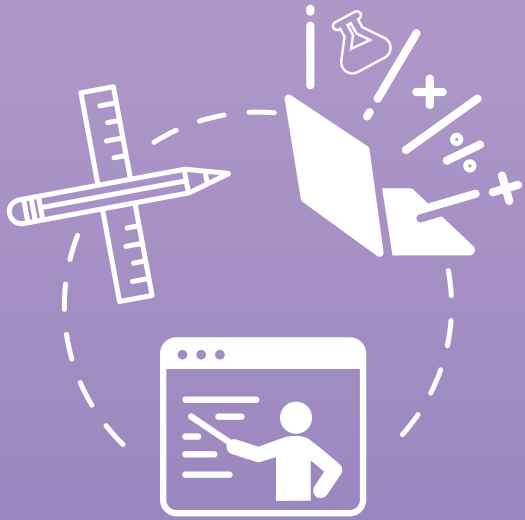
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EDUCATION



How South View School teaches leadership and spotting dyslexia in your child.



PLANTING SEEDS OF LEADERSHIP: **HOW SOUTH VIEW SCHOOL'S LITTLE LEARNERS ARE MAKING A BIG IMPACT**

How are the youngest learners at South View School given leadership roles?



their classmates enthusiastically vote for their friends is truly heartwarming. SVS looks for simple yet powerful qualities in its young leaders - a willingness to participate, creative ideas and an eagerness to make a difference in their school and beyond.

THE IMPACT

Leadership at SVS isn't just a title - it's a weekly commitment. Every Tuesday, the Student Council gathers to brainstorm and discuss upcoming events. Wednesdays are reserved for the Eco-Warriors, who discuss sustainability projects.

And the impact? It's huge. Students become more confident and others are inspired by their classmates. Parents love it too, describing the initiative as a brilliant, age-appropriate way to build communication, teamwork and decision-making skills in their children.

Looking ahead, SVS isn't stopping here. Plans are in the works to expand the program, possibly adding new roles like House Captains. Because at South View School, leadership isn't something you just learn about - it's something you live, right from the start.

At South View School (SVS), future leaders don't wait for Junior School, they start as early as Foundation Stage (FS1 and FS2), where little voices carry big ideas and little hands are already making a world of difference.

So, what inspired SVS to introduce student leadership roles to such young learners? The EYFS team puts it simply - "We wanted our students to feel empowered, to know that even at three, four or five years old, they can make a difference." It's all about giving children a voice and it ties perfectly into the school's ethos of 'Be Kind, Be Great, Be You'. This isn't just a catchy slogan - it's a way of life that encourages SVS students to be their best selves, show kindness to others and make a meaningful impact on the world.

TYPES OF LEADERSHIP

In EYFS, leadership comes in two exciting forms - Student Council members and Eco-Warriors. Student Council members have

developed strong leadership skills through recent projects like organising activities for World Mental Health Week, engaging with other departments to secure plants and resources for the learning garden, surveying peers to improve classrooms and actively supporting the implementation of these changes. Eco-Warriors lead environmental initiatives, including litter-picking in the Remraam community, launching recycling projects, leading assemblies on sustainability, creating crafts from recycled materials and visiting a turtle conservation project.

THE SELECTION PROCESS

So, how do these young leaders step into their roles? It all starts with a simple question "Who wants to make a difference?" The students volunteer, share their ideas with their classmates and then... it's time to vote! Yes, real voting in EYFS - well, as real as it can be! Watching them light up with pride as they speak and seeing



IDENTIFYING DYSLEXIA IN CHILDREN

Dyslexia presents so many issues for children, both inside and outside of school. Thankfully, there are lots of supports available, as well as awareness around how to manage this as a family.





So many of us parents fret over the development of our children. It's a natural yet stressful part of raising a little one. Reading is a fundamental skill that parents are told to focus on, as it feeds into so many more growth milestones. Lots of children find reading tricky in the beginning but if you sense that your young reader is struggling more than is usual, it might be the case that they have dyslexia.

Dyslexia impacts a child's abilities in a few different ways, the foremost of which is their ability to read. It also presents challenges around making and understanding sounds. Therefore, their comprehension of language can suffer. It's important to note that dyslexia is not a sign that a little one is less intelligent. It's more like a translation issue where things get tangled up moving from the internal (their mind) to the external (reading or speaking). Undiagnosed and unsupported, a child with dyslexia will begin to fall behind their classmates before long. So, let's take a closer look at this condition and what ways you can help.

INDICATIONS OF DYSLEXIA

Dyslexia is often misunderstood in society - at best the understanding of it is quite narrow. Sometimes it's reduced to the idea that children with dyslexia "can't spell" but there is so much more to it than that.

Literacy

When it comes to reading and writing, there are many different ways that dyslexia can affect your little one. Spelling is one area

where dyslexic children come up against obstacles. Similarly, they may have difficulty keeping letters or numbers in the correct order in their mind. In school, this can make taking notes or copying down something from the teacher a very tough task.

Speech

Dyslexia also shows up in speech in some children. When learning to speak, they may find it harder to pronounce words, leave shorter words out of sentences or generally lag behind their peers when it comes to fluency. In school, their teachers may notice that they avoid or refuse opportunities to read out loud in front of the class.

Comprehension

A broader impact from dyslexia on certain aspects of general comprehension is quite common. This can include difficulty with following directions, learning the rules of a game, telling the time and differentiating left from right. As with much of the stigma around dyslexia, this area is a contributor to the idea that dyslexic people are less intelligent - something that is completely untrue.

HOW ELSE CAN DYSLEXIA AFFECT MY CHILD?

Children with undiagnosed dyslexia often experience bouts or sustained periods of lowered self-esteem. This arises from a feeling that they can't quite express themselves, and are frequently misunderstood by the people in their

life. Little ones in this position may be regularly criticised by teachers for not trying hard enough or not being able to make sense of a particular topic in school. Being treated in this way can lead to a lot of internalised (and misplaced!) shame.

SEEKING DIAGNOSIS

Getting an assessment for your child is the first port of call if you have any question marks around whether or not your child has dyslexia. These assessments usually examine your child's ability over a range of metrics, and will highlight if there is a disparity between their performance in school and their underlying ability. Aside from the results of the assessment, you will be provided with tools to support your little one at home, as well as avenues to seek accommodations for them at school. These could include extra time during exams, quiet rooms to take exams in, as well as other exemptions and allowances that will help to level the playing field for your child.

Should you wish to get an assessment for your child, you can either reach out to your family doctor or your child's school, both of whom should be able to attend to your needs and answer any questions you may have.

SUPPORTING FROM HOME

If your child has dyslexia, there are ways you can help them on a daily basis. Firstly, providing some emotional support is a great place to start. Acknowledging that certain tasks are far more challenging for them than for others will help them to feel validated. Your little one may feel frustrated and stressed out having to work extra hard to keep up with class. Showing them that you recognise their efforts, championing them and helping them to relax in the evening are great ways to provide support.

Similarly, try to encourage your child to follow their passions. You might have always hoped that they would become an avid reader but perhaps they're more into music, sport or drama. Whatever it is, make sure that they know you will be cheering them on, no matter what their hobbies are. Lifting your little learner up in this way, holding them when they're feeling down, and advocating for them to receive the supports they're entitled to will make this journey much more manageable for them.

SCHOOL & FAMILY BREAKS



Why to visit the child-friendly pedestrian islands off of Germany and the top Alpine wellness spots in Graubünden, Switzerland!



A TRIP AROUND GERMANY'S CAR-FREE HOLIDAY ISLANDS

If you're looking for a peaceful, eco-friendly family holiday that stands out, Germany's car-free islands might be the perfect escape.



With their pristine landscapes, fresh sea air and charming villages, Germany's islands offer a safe and relaxing environment for children and adults alike. Whether you want to explore nature, cycle along scenic routes or simply enjoy the tranquillity, these hidden gems are perfect for a wholesome and unusual family break.

A NATURAL HAVEN

Germany's car-free islands, such as Wangerooge, Langeoog and Juist, boast unspoiled beaches, rolling dunes and vast nature reserves. These islands are part of the UNESCO-listed Wadden Sea, a unique coastal ecosystem that offers endless opportunities for exploration and adventure. Without the noise and pollution of cars, families can immerse themselves in nature, listening to the waves, spotting local wildlife and breathing in the crisp sea air.

SAFE AND STRESS-FREE EXPLORATION

One of the greatest joys of visiting a car-free island is the ability to explore freely without worrying about traffic. Little ones can run, cycle and play safely, while parents can enjoy a more relaxed pace. Most islands have well-maintained cycling paths and pedestrian-friendly streets, making it easy to get around. Bicycle rentals, horse-drawn carriages and even charming little trains provide fun and convenient transport options that kids will remember for years to come!

COSY ACCOMMODATION

Whether you prefer a beachfront hotel, a family-friendly guesthouse or a quaint holiday cottage, these islands offer a range of accommodation options that blend comfort with nature. Many hotels and guesthouses are eco-conscious, with sustainable practices that respect the environment. Some even provide special activities for children, meaning they stay entertained while you unwind.

LOCAL FLAVOURS AND FRESH CUISINE

Dining on these islands is a treat, with fresh seafood, organic produce and traditional German dishes available at local restaurants and cosy cafés. Many family-friendly eateries



offer hearty meals with plenty of kid-approved options. Enjoy a seaside picnic with local cheese, freshly baked bread and homemade jams, or treat yourself to a delicious fish dish caught straight from the North Sea.

EXCITING FAMILY ACTIVITIES

These islands are full of fun and educational experiences for children and adults alike. Families can embark on guided mudflat hikes, discover marine life in interactive museums, or take boat trips to spot seals lounging on the sandbanks. Beachcombing, kite flying and sandcastle building provide simple yet delightful activities for young adventurers. For those interested in culture, picturesque lighthouses, historic windmills and traditional island festivals offer a glimpse into the region's rich heritage.

A HOLIDAY TO REMEMBER

A visit to Germany's car-free holiday islands is more than just a break – it's a chance to slow down, connect with nature and create precious family memories. Free from the distractions of modern life, these islands allow families to spend quality time together, whether it's cycling along the coast, enjoying a sunset walk or simply listening to the sound of the waves. If you're on the lookout for a unique and refreshing getaway idea, these peaceful islands might just be the perfect fit!

GRAUBÜNDEN: THE UNDERRATED SWISS WELLNESS DESTINATION

Nestled in the heart of the majestic Swiss Alps, Graubünden, a canton in eastern Switzerland, is more than just utterly picturesque - it's a place people go to experience pure peace.

With its breathtaking Alpine scenery, mineral-rich thermal waters and world-class spa resorts, this Swiss region is the epitome of tranquillity. Whether your family wants deep relaxation, adventurous outdoor pursuits or indulgent culinary fun, Graubünden offers you a heady blend of luxury and nature that is sure to leave you feeling rejuvenated in every sense. Let's dive into some top places to stay in the region!

GRAND RESORT BAD RAGAZ

Located in the enchanting Bad Ragaz region, Grand Resort Bad Ragaz is a five-star haven that mixes traditional healing with modern wellness. Inspired by the curative powers of thermal waters sourced from the nearby Tamina Gorge, this award-winning resort is dedicated to providing all its visitors with an unforgettable feeling of sanctuary.

Thermal waters

At the heart of the resort lies the Tamina Therme, a magnificent 36.5°C thermal



hotspot of mineral-rich waters, known for their restorative properties. The spa boasts multiple pools, steam baths and calming relaxation spaces, offering you a deeply revitalising experience. For those seeking a more specialised approach to wellbeing, the resort's Medical Health Centre offers bespoke wellness programmes that combine traditional therapeutic methods with cutting-edge medical expertise.

Dining and culture

Dining at Grand Resort Bad Ragaz is nothing short of spectacular. With a range

of exceptional restaurants, including the Michelin-starred IGNIV and Memories, foodie families will be spoilt for choice! Beyond the resort, there's plenty to do, from exploring charming Swiss villages, to playing a round of golf or enjoying nature walks through the scenic landscape!

7132 HOTEL

Tucked away in the serene village of Vals, the exclusive 7132 Hotel is an architectural masterpiece designed to harmonise with its pristine Alpine surroundings. Known for its world-famous Therme Vals, this

ultra-luxurious retreat is perfect for those who appreciate design, peace and thermal wellness.

Therme Vals

The centrepiece of 7132 Hotel is its remarkable thermal baths, conceptualised by Pritzker Prize-winning architect Peter Zumthor. Crafted from 60,000 slabs of locally sourced quartzite, this stunning structure radiates an ambience of pure serenity. The naturally heated pools, ranging from 30°C to 36°C, offer you an unparalleled opportunity to reconnect with nature while experiencing deep healing.

Aerial adventures

For those with an adventurous spirit, 7132 Hotel offers private helicopter tours, granting your loved ones breathtaking bird's-eye views of the Swiss Alps. The surrounding landscape is perfect for hiking, mountain biking or simply unwinding in nature. Whether your family prefers thrilling experiences or pure relaxation, 7132 Hotel is sure to deliver!

TSCHUGGEN GRAND HOTEL

Perched in the picturesque Alpine resort town of Arosa, the Tschuggen Grand Hotel redefines wellness with its world-class facilities, panoramic mountain views and unparalleled service. This refined destination is a true retreat for the senses.

Relax in style

Designed by visionary architect Mario Botta, the Tschuggen Bergoase Spa is an architectural marvel spanning over 5,000 square metres. Bathed in natural light, the spa



features a selection of heated pools, saunas and wellness treatments infused with Alpine herbs and minerals. Whether you're indulging in a revitalising massage or soaking in the infinity pool, every moment here is dedicated to your relaxation and renewal.

Mountain access and skiing

For ski lovers, the Tschuggen Grand Hotel has an exclusive private cable car, the Tschuggen Express, allowing easy access to the pristine slopes of Arosa. During the summer months, the resort transforms into a paradise for hikers and mountain bikers, with trails that weave through the breathtaking Alpine landscape. From golfing and horseback riding, to sailing on glistening mountain lakes, Tschuggen Grand Hotel offers your family endless opportunities for adventure and wellness.

HOTEL BELVÈDÈRE SCUOL

Nestled in the heart of the Engadin Valley, Hotel Belvédère Scuol offers an intimate escape where wellness and nature exist in harmony.

Bogn Engiadina

This destination boasts a quirky and wonderful spa connected to the hotel, where you can indulge in rejuvenating mineral-rich waters. Featuring saltwater floating pools, Roman-Irish baths and an extensive sauna landscape, the spa provides an immersive wellness experience designed to soothe you on the deepest levels.

Mindfulness and adventure

Beyond the spa, you and your loved ones can embrace mindfulness through meditation

retreats or by exploring the great outdoors - the perfect place to unwind and embrace the therapeutic power of the mountains!

GRAND HOTEL KRONENHOF

For those seeking classic luxury, Grand Hotel Kronenhof in Pontresina offers a refined escape where history and wellness meet.

The Kronenhof Spa

Spanning over 2,000 square metres, the Kronenhof Spa features a lavish pool, steam baths, Finnish and bio saunas, a saltwater grotto and a range of bespoke treatments. Overlooking snow-capped peaks and ancient pine forests, this spa provides an unrivalled setting for relaxation.

The perfect Alpine escape

Situated just six miles from glamorous St. Moritz, the hotel offers guests the best of both worlds - the peaceful charm of Pontresina and the vibrant energy of St. Moritz. Whether enjoying a horse-drawn carriage ride through snowy landscapes or hiking up the stunning Engadin mountains, Grand Hotel Kronenhof is a place where your family's every moment is serene and magical.

Graubünden is not just a spa destination; it is a journey into holistic wellbeing. With its healing waters, awe-inspiring landscapes and luxurious retreats, this Swiss paradise invites your family to rediscover balance, reconnect with nature and experience wellness in its purest form. If you're interested in a trip to the Alps that focuses on wellness, Graubünden could be the perfect place to unwind, rejuvenate and embrace the art of self-care.



HOME & GARDEN



What makes an ideal family kitchen and the top tips for a great outdoor space!



SIX FEATURES OF A FAMILY- FRIENDLY KITCHEN

Whether you have a large villa or a compact apartment, these smart design ideas will help you create a kitchen that's both beautiful and functional for the whole family.



The kitchen is the heart of every home, where everyone gathers to cook, eat and hang out. When you're designing a kitchen for a busy family, what are the things you should consider?

SMART LAYOUT CHOICES

A well-planned kitchen layout makes all the difference in a bustling family home. An open-plan design with an island or breakfast bar makes movement easy and keeps the family connected while cooking. If your space is limited, an L-shaped or galley layout can help you maximise efficiency. Consider a 'kitchen triangle' setup - where the sink, stove and fridge are within close reach - to help give you a smooth workflow.

DURABLE SURFACES

Family kitchens see plenty of spills, splashes and sticky fingers, so choosing the right

materials is key. It's best to look for heat-resistant, scratch-proof and easy to maintain options, which can vary in price and look, from quartz and granite, to steel or concrete. For flooring, ceramic or porcelain tiles are ideal for homes in the region as they stay cool and are effortless to clean. Glossy or semi-matte cabinet finishes also make wiping away little fingerprints a breeze.

PROPER STORAGE

An organised kitchen is a stress-free kitchen! Make the most of every inch of your space with smart solutions such as deep drawers for pots and pans, pull-out pantry units and overhead cabinets that take advantage of your vertical space. You could also consider adding built-in spice racks, drawer dividers and lazy Susans for easy access to essentials. If you have young children, be sure to keep everyday items within reach but store sharp tools and cleaning supplies in locked or high cupboards.



CHILD-FRIENDLY FEATURES

On that note, safety is a top priority with little ones around. Soft-close drawers and cabinets can prevent small fingers from getting pinched, rounded countertop edges reduce the risk of injuries and anti-slip flooring helps prevent falls. If space allows, a lower countertop section or a step stool can encourage kids to safely join in on cooking activities.

AN INVITING DINING SPACE

A kitchen isn't just for cooking - it's where families gather for their meals and conversation. An inviting breakfast nook, extendable dining table or built-in bench seating can make mealtimes more cosy. In smaller spaces, a fold-down table or bar stools at the counter may be more practical. Adding soft lighting, cushioned chairs and a centerpiece like fresh flowers or a fruit bowl are easy ways to add to that welcoming feel.

MAKE IT FUN

It can be hard to make such a purposeful space feel full of personality. You could begin by adding a chalkboard or whiteboard for grocery lists and kids' artwork, using decorative jars to store your pantry essentials and introducing pops of colour with cushions, rugs or stylish kitchenware. Plants such as basil, mint or aloe vera thrive in kitchens and add a fresh, natural touch.

Whether you're cooking up a feast, sharing a morning coffee, or helping with homework, a well-planned kitchen makes family life all the more enjoyable!

A COSY OUTDOOR SPACE FOR EVERY SEASON

Transform your garden, patio, or balcony into a year-round family retreat with clever styling and design - and a dash of creativity.

There's something magical about having an outdoor space that feels like an extension of your home - whether it's a lush backyard, a compact balcony, or a cosy patio. But in the UAE, where scorching summers and mild winters define the seasons, outdoor areas often go unused for months at a time. With a little planning and some stylish upgrades, you'll be able to create an outdoor oasis that's inviting no matter the weather. Let's dive into how to make the most of your family's outdoor area all year round.

LAY THE FOUNDATION

The key to a functional and stylish outdoor area starts with good flooring. Whether it's classic wooden decking, stone pavers or even outdoor rugs, setting a solid base instantly elevates the look and feel of your space. Considering the region's climate, it's wise to opt for heat-resistant materials like ceramic tiles or composite decking, which stay cool underfoot. Outdoor rugs designed to withstand the intense sun are another great way to add a bit of warmth to outdoor decor, while defining seating areas beautifully.

FURNITURE THAT LASTS

Investing in durable, weather-resistant furniture can be a game-changer! Look for pieces made from aluminum, rattan or teak, as these materials will withstand harsh sun with minimal upkeep - ideal for busy parents who don't need extra work! If space is limited, foldable or stackable furniture is a great solution for flexible use. Lastly, a comfy outdoor sofa or a hanging chair instantly adds that extra inviting touch - just make sure your cushions are UV-resistant to prevent them fading in the strong sunlight.



SHADE IS ESSENTIAL

Given the intense summer heat, creating shaded areas is super important for comfortable outdoor living. Pergolas, retractable awnings and large umbrellas are great for giving kids some much-needed protection from the sun. If space allows, you could consider installing a misting system or outdoor ceiling fans to help keep your family's temperature down. Adding natural shade with potted trees or climbing plants on trellises can also enhance your ability to cool down - as well as your aesthetics!

LIGHT IT UP

Good lighting is often underestimated in terms of just how much it transforms an outdoor space into an enchanting retreat. Solar-powered lights are perfect for taking advantage of the abundant sunshine. String lights create a warm, magical glow, while lanterns and LED pathway lights offer both function and style. If you love entertaining, consider smart outdoor lighting that you can control remotely for a perfect ambience.



require too much attention. Vertical gardens or potted plants are another simple way to add vibrancy to balconies, while artificial greenery can offer you a low-maintenance alternative if you don't have a green thumb! For those who love fresh produce, growing herbs like mint, basil and rosemary is actually quite easy and really rewarding, even in a small space.

YEAR-ROUND COMFORT

The right accessories will make your outdoor area comfortable in any season. In cooler months (from November to March), layer up with cosy blankets, outdoor rugs or even a portable fire pit for more chilly nights. In the summer, cooling solutions like misting fans, shaded pergolas and breathable fabrics ensure your space remains usable. Waterproof storage benches are also a smart way to keep seasonal items like cushions or blankets handy but protected from dust and humidity.

PERSONAL TOUCHES

It really does come down to little touches of personality, and while we know this about home decor, it can be easy to forget to do the same with our outside spaces! An easy place to start is with some outdoor art, patterned cushions or simply a weatherproof side table. Wind chimes, mirrors or a small table lantern are great for adding some extra charm. This is a place to experiment and have fun - after

all, the more personalised your space feels, the more likely your family is to use and enjoy it year-round.

ENTERTAINMENT AND FUN

Why limit your outdoor space to just relaxation? Create an area that fits your lifestyle - whether it's an outdoor movie nook with a projector and comfy seating, a kids' play zone with soft flooring and shade, or a space for family games and gatherings. Having a bluetooth speaker or outdoor sound system can also set the mood, whether it's for a quiet morning coffee or an evening get-together.

EXTEND YOUR LIVING SPACE

Ultimately, your outdoor area should feel like an extension of your indoor space. Some people like to use colours and textures that complement their home's interior, and others choose sliding doors or large windows to create a seamless flow between inside and out. Even in the summer months, a shaded seating area with a cool drink and a gentle breeze can make your outdoor retreat a spot you'll want to enjoy every day.

With a few thoughtful touches, your outdoor space can be transformed into a cosy haven that's perfect for family living. Whether you're basking in the winter sun or staying cool in the summer shade, an all-season retreat is just a few tweaks away!

CREATE ZONES

Think of your outdoor space as an open-plan family room! Creating different zones helps make the space feel intentional and functional for parents and little ones alike. A dining area with a sturdy table and chairs is perfect for al fresco meals together, while a lounging area with soft seating, poufs and throws makes relaxation easy. For BBQ lovers, a dedicated grilling station or outdoor kitchen is a fantastic addition for weekend gatherings with family and friends.

GREENERY AND GARDENING

Even the smallest outdoor space can benefit from a touch of greenery. Drought-resistant plants like bougainvillea, succulents or frangipani, thrive in the heat and don't



GOOD LIVING



The Editor's April beauty must-haves and ways to look after your hair in the heat!





KEEPING YOUR HAIR HAPPY IN THE HEAT

This month Dr. Shruti Kakar, aesthetic dermatologist and an expert consultant at Vatika, shares how to help your locks look their best as the weather heats up!



As the days start to heat up and spring really settles in, it's the perfect time to give your hair the reset it deserves. The transition into hotter weather can throw your strands off balance with the rise in temperature and humidity - but don't worry! Getting your hair in top shape for the season change is easier than you think.

Here are some tips and tricks for keeping your locks fabulous throughout the seasonal switch.

TAME THE FRIZZ

Winter dryness calls for heavy moisturisers, but spring's humidity means it's time for lighter products. It can be a good idea to swap to hydrating shampoos and conditioners with aloe vera, argan oil or coconut. Lightweight leave-in conditioners and nourishing hair oils are also your new best friends during this transition - they'll hydrate, smooth and add that shine we all crave. Dry shampoo is another secret weapon to soak up any excess oil, perfect for those sun-filled days when you're outdoors more often.

For those with curly or wavy hair, humidity can bring unpredictable frizz. To keep it in check, try incorporating a frizz-control serum or smoothing cream into your routine. A weekly hydrating hair mask is also a great way to add moisture and smooth rough texture, giving your hair an extra boost. For the ultimate frizz-fighting hack, switch to a satin or silk pillowcase as it reduces friction while you sleep, ensuring your hair stays sleek and frizz-free - ideal!

BE SUN SMART

Who doesn't love basking in the spring sunshine? However, prolonged exposure can actually lead to dryness, color fade and weakened strands. So, keep your hair happy by investing in UV-protecting products, like



shampoos, conditioners and styling creams, that shield your hair from the sun's harmful rays. Bonus points if you top off your look with a wide-brimmed hat - it's cute and provides extra protection - sun-kissed hair, but make it safe!

THE POWER OF A FRESH CUT

Nothing says 'spring' like a fresh haircut. A trim does more than clean up split ends - it boosts your volume, promotes healthy growth and gives your hair a lighter, bouncier feel. Whether you're going for a major chop or just a few inches off, a spring trim keeps your hair looking its best and lets your natural texture shine.

SCALP HEALTH

Healthy hair starts with a healthy scalp, so show it some love this season! With the rise in humidity, you may notice more oil buildup, especially if you've been using heavier products throughout the winter. To tackle this, why not add a scalp exfoliating

treatment to your routine? It's a handy way to remove any unwanted buildup and encourage good hair growth. Massaging your scalp while you're shampooing promotes better circulation, which can actually strengthen your follicles. As oil production picks up, you may want to shampoo more often with a sulfate-free or clarifying formula. For dry or curly hair, hydrate once or twice a week - for other hair types, once is enough. If your scalp is oily, use dry shampoo between washes and avoid over-touching your hair.

HYDRATE FROM THE INSIDE OUT

It's not just about what you put on your hair - what you put in your body counts too! Really make an effort to keep that glow going by drinking plenty of water. After all, hydration is essential for shiny, healthy locks, and the more water you drink, the better your hair will look. If you want to go the extra mile, experts recommend adding omega-3-rich foods into your diet, like avocados, walnuts, and fatty fish. These healthy fats are a win for your hair, your skin and your general health too!

LESS IS MORE

Spring calls for effortless, breezy beauty, so consider ditching any heavy creams and waxes, and swap them for lightweight products that create that 'I woke up like this' vibe. Mousse or light texturising sprays are your best bet for adding volume, texture and movement. Whether you're rocking soft waves or a tousled look, the goal is natural, beachy and carefree. Less is definitely more this season!

MINDING TREATED HAIR

If your hair has been colour-treated, it needs extra care as the weather warms. You can protect it from the sun with UV sprays and hats, and use sulfate-free shampoos to preserve your colour. Aim to hydrate it regularly with deep conditioning treatments and, where possible, limit heat styling to avoid damage. If you're spending more time in the pool as the days get hotter, make sure to rinse your tresses with cool water to lock in moisture and protect your hair from chlorine by wearing a swim cap or applying a protective treatment. Finally, keep your ends fresh with regular trims to avoid split ends.

THE SPRINGTIME SHED

Spring shedding is a real thing and you're not alone if you've noticed a little extra hair in your brush this season. This natural cycle happens as your hair goes through its growth phases - growth (anagen), transition (catagen) and rest (telogen). During the telogen phase, old hair falls out to make room for new growth. Plus, the increased sunlight and humidity in spring can mess with your hair's melatonin and serotonin levels, which might impact your growth, while changes in your diet as summer approaches can also play a part in the extra shedding. To keep things under control, reach for products packed with nourishing ingredients like aloe vera, coconut oil, shea butter, green tea, tea tree oil and lavender, all of which can support your scalp and hair health.

With these simple adjustments, you'll be rocking gorgeous, healthy locks all season long. So, say goodbye to dry, frizzy hair and hello to soft, shiny and spring-ready tresses!



This month, I'm excited to share a new floral fragrance, lash serum that works wonders, versatile statement jeans and my glow-inducing skincare products for April!

A SWEET SCENT FOR SPRING



I love swapping up my perfume for springtime, and what's better for this time of year than florals? 'Eladaria' is the new modern rose fragrance from The House of Creed. Inspired by a paradise garden at dawn, the fragrance mirrors the beauty of nature as it awakens. Bringing a playful energy and a touch of ethereal romance, it's an ideal scent for the season.

The fragrance opens with a burst of mandarin and bergamot, enlivened by the subtle spice of pink pepper. At its heart lies a trio of roses, accompanied by peonies and lily of the valley - the perfect floral bouquet! The base is a

blend of musk, vanilla, ambroxan and cashmere wood, which lends a warmth that lingers on your skin and adds just the right amount of sophistication to the floral sweetness. Balancing freshness with sensuality, Eladaria could be your next signature spritz!

Visit <https://www.creedfragrance.com> for more.

JAPANESE SKINCARE WITH FANCL

As temperatures are on the rise out there, hydration becomes more important - inside and out. FANCL, Japan's revolutionary preservative-free skincare brand might be the perfect solution to keep your skin luminous and nourished throughout spring. From deeply hydrating serums and masks, to gentle cleansing oils, FANCL's science-backed formulations ensure clean, effective skincare without unnecessary additives. Since 1982, FANCL has kept to their commitment to pure, powerful products, free from harsh ingredients. With over 40 years of scientific excellence, FANCL is proud to offer a positive skincare experience, with products that are meticulously crafted to provide great care to your complexion.

Clean and clear

This light oil cleanser removes makeup, dirt and cleanses any clogged pores, while preserving the skin barrier to leave your skin smooth and moisturised. This no-rub makeup remover effectively removes even the toughest makeup (including waterproof mascara!) without the need for harsh rubbing. Infused with aged hop extract, it works to soften impurities and over time, minimises the visibility of pores, revealing a clearer, more refined complexion.

Bright and breezy

Their additive-free, brightening lotion has a refreshing texture that penetrates deeply into your skin, providing comprehensive care for spots, dullness and rough texture. Each layer of the stratum corneum is filled with moisture, giving you a healthy and radiant complexion. It is especially recommended for those with oily skin due to its light, refreshing feel.

FANCL blends Japanese innovation with natural ingredients to create gentle, effective skincare solutions, ideal for sensitive and dehydrated skin. Whether you're looking to restore moisture, improve elasticity or achieve a radiant glow, FANCL's preservative-free formulations offer a skin-loving ritual that complements the season.

Shop FANCL now at <https://misspalettable.com>



LONGER, FULLER LASHES WITH UKLASH



If you're anything like me, you'll jump at the chance for a straightforward way to get beautiful, thick lashes! I'm excited to introduce you to the award-winning UKLASH Lash Growth Serum (AED 225), which works to nourish, condition and stimulate your lash growth, giving you healthier and fuller lashes. The unique formula is fortified with Vitamin B5 (Panthenol), Green Tea extract and Myristoyl Pentapeptide-17, an amino acid peptide known for stimulating keratin growth - resulting in visibly longer lashes in as little as 25 days. It has worked wonders on my own lashes, but I will say that it requires you to be consistent! However, with

an average of 4.8 stars from over 50,000 reviews, I think it's safe to say it is probably worth a little diligence. In my opinion, it's the perfect beauty must-have for effortless, natural glam - no extensions needed!

UKLASH Lash Growth Serum is available at <https://www.uklash.com> and is priced at AED 225.

RADIANT SKIN IN A BOTTLE



Everyone loves to feel their best - and gorgeous skin is one way to really boost your confidence and add a pep to your step each day. Feeling happy with your complexion is high on many of our beauty wishlists and I'm happy to say that fresh looking skin is just around the corner with the Filorga NCEF-REVITALIZE SERUM. This little bottle of revitalising anti-ageing product offers you smoother, more even and more luminous skin, for a gradual reduction in any signs of ageing.

It's a polyrevitalising anti-ageing serum that boosts your cellular metabolism and reinforces your skin's defences. Infused with Filorga's advanced NCEF complex, this powerhouse product deeply nourishes and hydrates tired

complexions, boosting your skin's smoothness to leave you with a lovely glow. Packed with hyaluronic acid, vitamins and amino acids, it targets signs of fatigue and aging, leaving your face feeling firmer, plumper and refreshed. A perfect skincare gift to yourself this April!

Stocked exclusively at Ounass and BasharaCare, and available soon in all pharmacies.

DENIM DELIGHT WITH ANTHROPOLOGIE

Every woman needs a perfect pair of jeans and Anthropologie's High-Rise Tapered Bow Jeans (AED 849) might just be them! A chic and versatile wardrobe essential, these jeans feature a flattering high-rise fit and modern tapered leg that's perfect for dressing up or down. Crafted from quality denim in a classic blue wash, they go beautifully with festive or casual looks. With their cute black bow detailing, these are a stylish must-have for effortless elegance through the spring and summer months!

Shop these jeans at the Anthropologie store, Dubai Mall.



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